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8-14 AUGUST 2026

# TV&Streaming week

EXCLUSIVE!

# Hit Point

Two London cops caught up in love and corruption

NEW
REACHER
Jack investigates a Pentagon mystery

EXPLOSIVE FINALE
HOUSE OF THE DRAGON
Who lives? Who dies?

LIVE
EUROPEAN ATHLETICS CHAMPIONSHIPS
Keely Hodgkinson goes for glory in Birmingham

# HotList This week's 28

## Saturday 8

### EFL Cup: 1st Round

***FOOTBALL** Sky Sports*

The opening weekend of the competition continues with live coverage of games including West Ham v Portsmouth (kick-off 3pm) and Colchester Utd v Southampton (kick-off 5.30pm).

### Bettany Hughes' Lost Worlds: Dawn of Civilisations

***DOCUMENTARY** C4, 8pm*

The historian (above) explores locations in Turkey that experts believe hold the secrets of the origins of civilisation itself.

### Paul Heaton at the BBC

***MUSIC** BBC2, 8.35pm*

Showcasing the talents of the founder (above) of The Housemartins and The Beautiful South with a compilation of performances from the archives. It's followed by a set from 2025 ( 10.10pm).

### Elvis, the Colonel and the Mob

***DOCUMENTARY** C4, 10pm & 11.05pm*

Two-parter exploring the theory that Elvis Presley's manager Colonel Tom Parker (pictured with Presley) had links to the Mafia. *See Documentaries, page 20*

Full listings start on **p35**

## Sunday 9

### The Chosen in the Wild with Bear Grylls

***REALITY** Prime Video*

Grylls puts the cast of biblical drama *The Chosen* through their paces in the wilds of Utah as they take on challenges in forests, deserts and canyons. How will they fare?

### Richard E Grant's Very Modern Odyssey

***TRAVELOGUE** C4, 8pm*

The actor's exploration of the region that's the backdrop for Homer's epic poem reaches Sicily, where he scales Mount Etna and visits the Strait of Messina.

### Van der Valk

***CRIME DRAMA** ITV1, 8pm*

As Piet and the team investigate the murder of an environmental campaigner, things get murky when one of the chief suspects is a famous singer who is missing, presumed dead... *See feature, page 11*

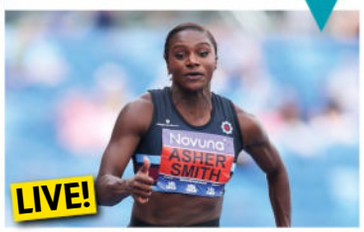
### The Rapture

***THRILLER** BBC1, 9pm*

With Bethany missing and another murder predicted, Gabs is in a race against time to find the teenager and evidence that will provide the truth about her mum's murder. *See feature, page 7*

Full listings start on **p45**

## Monday 10




### European Athletics Championships

***ATHLETICS** BBC1, BBC2, TNT Sports, HBO Max & BBC iPlayer*

Coverage of the biennial championships, including the final of the women's 100m. Continues all week. *See Sport Week, p28*

### My Life Is Murder

***CRIME DRAMA** U&Alibi, 8pm*

Lucy Lawless returns as PI Alexa Crowe for a fifth series of the Antipodean whodunnit. In tonight's opener, a fitness influencer unwittingly live-streams his own murder.

● ***Previously shown on Acorn TV***

### House of the Dragon

***FANTASY DRAMA** Sky Atlantic, 9pm, & HBO Max*

As an increasingly weak-looking Queen Rhaenyra faces threats from both Lord Ormund and Aegon, can her ally, Alyn of Hull, help her? *See feature, page 6*

### Warren's Vortex

***COMEDY** Sky Comedy, 10.10pm & 10.40pm (box set, Sky Box Sets & NOW)*

New Zealand comedy about handyman Warren (Maaka Pohatu, above), who has been concealing an interdimensional portal in his shed. *See feature, page 12*

Full listings start on **p55**

## Tuesday 11

### Mourinho

***DOCUMENTARY** Netflix*

From the producers behind *Beckham*, this three-part documentary gets up close and personal with José Mourinho (above), one of the world's most successful football managers. *See Your Watchlist, page 16*

### The Romans with Rob Rinder and Ruth Goodman

***DOCUMENTARY** 5, 9pm*

Looking at life in Roman Britain in AD 122, Goodman follows the fates of workers including slave Fortunata, while Rinder learns about real-life governors Falco and Nepos.

### Joe & David's Magical Sitcom Tour

***DOCUMENTARY** U&Gold, 9pm*

This week, Joe Wilkinson and David Earl (both above) turn their attention to *Fawlty Towers*, the comedy written by John Cleese and Connie Booth that ran for 12 episodes.

### Savage Mountain

***DOCUMENTARY** Sky Documentaries, 9pm*

The story of Norwegian mountaineer Kristin Harila, following her and her climbing partner, Tenjen Lama Sherpa, on a record-breaking challenge. *See Documentaries, page 21*

Full listings start on **p65**

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# best shows

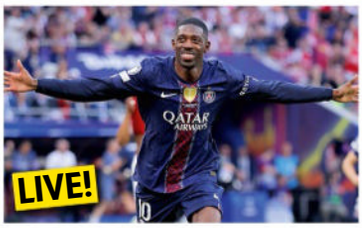
## Wednesday 12

EDITOR'S CHOICE

### Reacher

*ACTION DRAMA Prime Video*

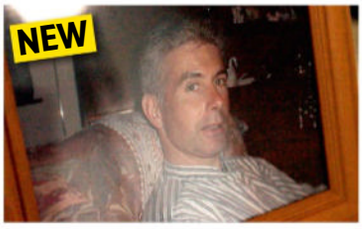
Alan Ritchson (above) returns as the ex-military cop in a fourth season of the action-packed drama. After witnessing a suicide, Jack discovers links to an influential politician. *See feature, page 8*




### UEFA Super Cup: Paris Saint-Germain v Aston Villa

*FOOTBALL TNT Sports 1 & HBO Max, kick-off 8pm*

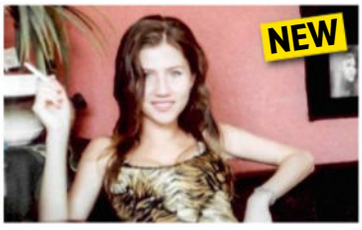
Champions League winners PSG take on Europa League holders Aston Villa in this showpiece match at Stadion Salzburg.




### Murder Trial

*DOCUMENTARY BBC2, 9pm (box set, BBC iPlayer)*

The true-crime series returns for a new two-part run examining the murder of Brian Low (above) while he was walking his dog in a remote part of the Highlands.



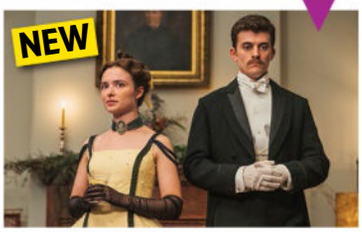

### Spy Next Door: The Anna Chapman Story

*DOCUMENTARY C4, 9pm*

Two-parter looking at the story of Anna Chapman (above), a British model who was unmasked by the FBI as a Russian spy in 2010. Concludes tomorrow.

Full listings start on p75

## Thursday 13




### My Brilliant Career

*DRAMA Netflix*

An independent young woman (Philippa Northeast) is determined to write her own story rather than conform to the societal norms in turn-of-the-century Australia. *See Your Watchlist, page 14*

### The Big Deal with Steph McGovern

*ENTERTAINMENT BBC2, 8pm*

The broadcaster (above) fronts this new show in which contestants battle it out in the art-dealing world, testing their ability to secure a sale. *See feature, page 12*

### A House Through Time

*DOCUMENTARY BBC2, 9pm (box set, iPlayer)*

David Olusoga (above) returns with the documentary that uncovers the stories of the previous inhabitants of a single house, this time focusing on an 18th-century home on Calton Hill in Edinburgh.

EDITOR'S CHOICE

### Hit Point

*CRIME DRAMA U&Dave, U&Drama & U&W, 9pm (box set, U)*

Part thriller, part romance, this series sees two detectives (Saffron Hocking and Nick Blood) drawn into a criminal underworld with a bizarre case. *See feature, page 4*

Full listings start on p85

## Friday 14

### Don't Say Good Luck

*DRAMA Netflix*

When Sophie (Sunny Sandler) wins the lead role in her high-school musical, her excitement is tempered by the news that her mother's cancer has returned. *See Your Watchlist, page 17*

### Miss You, Love You

*DRAMA HBO Max*

Allison Janney (above) stars in this drama as a grieving widow who is forced to plan her husband's funeral with a total stranger when her estranged son sends his personal assistant in his place.

### Hamnet

*DRAMA Sky Premiere, 8.10am & 8pm*

Jessie Buckley cleaned up during awards season for her emotional portrayal of Agnes Shakespeare in Chloé Zhao's stunning adaptation of Maggie O'Farrell's bestselling novel. *See review, page 22*

### EFL Championship

*FOOTBALL Sky Sports, kick-off 8pm*

Following their relegation from the top flight, Wolverhampton Wanderers kick off the Championship season under the Molineux lights with this evening's encounter with Blackburn Rovers.

Full listings start on p95

Welcome to this week's issue of *TV&Streaming Week*. The summer of sport shows no sign of ending, with the European Athletics Championships dominating the BBC schedule from Monday.

For football fans, there is a Netflix docuseries on manager José Mourinho. Plus, action hero Jack Reacher returns for a fourth series on Prime Video, while *House of the Dragon* (HBO Max & Sky Atlantic) reaches its thrilling finale.

Our cover stars Saffron Hocking and Nick Blood are London cops caught up in corruption in U&Dave thriller *Hit Point*. And don't miss the Netflix remake of the classic 1980 film *My Brilliant Career*.

Enjoy your TV week.

**Claire Ruck, Editor-in-Chief**

**4 Cover story**
Nick Blood and Saffron Hocking lead the cast in U&Dave's high-stakes cop thriller *Hit Point*

**6 TV Week**
Alan Ritchson returns for a fourth series of *Reacher*, Steph McGovern fronts new art contest *The Big Deal*, and it's the conclusion of both *House of the Dragon* and *The Rapture*

**9 Soap diary**
This week's top stories

**14 Your Watchlist**
Including Australian period drama *My Brilliant Career*

**20 Documentaries**
Including *Elvis, the Colonel and the Mob* and *Savage Mountain*

**22 Films**
Jessie Buckley's award-winning turn in emotional drama *Hamnet*

**28 Sport**
European Athletics Championships

**35 TV guide**
Day-by-day TV listings

**105 Next week, Puzzle**

**106 Coming soon**

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# BETRAYING the badge

**Saffron Hocking and Nick Blood** are London cops caught up in corruption in a high-stakes thriller

**NEW CRIME DRAMA**

**Hit Point**

**Thursday, 9pm, U&Dave, U&Drama & U&W (box set, U)**

Dylan, Leo and Carter

**Actor Nick Blood** slumps beside a bed in a dimly lit hotel room, a look of fear etched upon his face as bullets fly through the air and thud into the wall behind him…

*TV&Streaming Week* has been invited to the London set of U&Dave's first-ever scripted drama, *Hit Point* – and we arrive to find Blood's detective character, Leo, in a very tight spot.

A few seconds later, the director yells, 'Cut!' and as the crew reset for the next take, Blood stashes his fake gun in the pocket of his bomber jacket and takes a seat next to us, keen to talk about the new show.

Created by BAFTA-winning *Misfits* writer Howard Overman, the slick six-parter is far more than your average police procedural, Blood tells us.

'As soon as I picked up the script, I knew it was different,' says the star. 'It's part cop show, part heist drama, part romantic comedy. Howard gives the characters time to breathe and turns them into real people. By the end, they're like your mates.'

Will the gang get away with it?

The opening episode begins with armed robbers Dylan (Moe Bar-El) and Carter (Peter Serafinowicz) stealing cash from crime boss Pascal (William Abadie), leaving Leo and police partner Bella (Saffron Hocking) to investigate.

## TEMPTATION

But as the pair descend into the London underworld to look for answers, Bella has no idea that Leo is secretly part of the gang that has carried out the robbery

'That was the bit that hooked me in,' explains Blood, 44. 'When you're in the Flying Squad, you're dealing with a lot of money and there is the opportunity to take it. We get to unpack all the reasons why Leo has done what he did, the tragedy that befell his brother, and how he justifies it to himself. But he's made a deal with the devil and things are piling up.'

Leo becomes conflicted as he and Bella work the case. The dangerous situation becomes even more complicated when there's a spark of romance between the pair.

'Bella is sassy, fun and very driven,' says *Top Boy* star Hocking. 'She's often thrust into male spaces, but she takes control of them. When it comes to Leo, she's so close to figuring it out and she's on his tail at all times without even knowing she is. Maybe she has blinkers on because she has a crush on him.'

As Leo struggles to keep plates spinning on both sides of the investigation, he's desperate to keep his partner out of danger.

'Leo is constantly under pressure in every single scene,' says Blood. 'There's either the weight of guilt when things are going well with Bella, as he's aware of what he's done, or the pressure to solve the problem he's faced with and keep his head above water.'

The actors have known each other for more than a decade and were even close to dating before Blood left for the US to star in Marvel show *Agents of S.H.I.E.L.D.*

Blood was about to suggest to *Hit Point*'s producers that Hocking audition for the part of Bella when he received a message from his friend saying that she was coming in to read for the role.

'It's always so awkward when you're doing chemistry reads,' says Hocking, 34. 'Even if you know the other actor, you're worried that you know them too well and suddenly you're having to make pretend.

'But it was one of the best auditions I've ever had and I was so excited when I got the role. It's such a special show and it ends on a bit of a cliffhanger as well, so hopefully we might come back to find out what happens to Leo and Bella.'

WORDS: SEAN MARLAND. PHOTOS: U&DAVE

**Bella**
**Saffron Hocking**
Leo's police partner believes in justice and is determined to catch the gang of armed robbers.

**Leo**
**Nick Blood**
The detective feels terrible guilt about his brother's accident and wants money to secure his future.

## WHO'S WHO IN *HIT POINT*

**Carter**
**Peter Serafinowicz**
The most experienced member of the gang of thieves knows they must cover their tracks.

**Alfie**
**Joshua Sher**
Leo's brother has been using a wheelchair since he was paralysed in an accident.

**Dylan**
**Moe Bar-El**
The police officer is also secretly part of the gang and brings heat on his colleagues with a reckless act.

**Sophia**
**Nadia Parkes**
Dylan's girlfriend becomes increasingly concerned when the heist starts to go wrong.

**Pascal**
**William Abadie**
The crime boss is furious to learn his cash has been stolen and uses all his contacts to find the culprits.

**Michael**
**Brendan Coyle**
The senior detective is just weeks away from retirement, but can his colleagues trust him?

Emma D'Arcy as Rhaenyra

# Reign of FIRE

Will **Queen Rhaenyra** cling to the Iron Throne in a thrilling finale?

**LAST ONE** **FANTASY DRAMA**

## House of the Dragon

**From Monday 10 August, HBO Max (ep 8 of 8); & Monday, 9pm, Sky Atlantic**

**After a shocking** turn of events, Queen Rhaenyra Targaryen is rapidly losing control of her kingdom as the third season of *House of the Dragon* reaches its epic finale.

Lord Ormund Hightower has made no secret of his desire to put Prince Daeron Targaryen, Alicent Hightower's youngest son, on the Iron Throne in place of Rhaenyra. Indeed, he slipped his brutal assassins inside King's Landing to wipe out the City Watch to the fury of Rhaenyra's husband Daemon.

An increasingly weak-looking Rhaenyra faces a further threat from the battered but very much alive Aegon, who still lurks in the shadows, plotting his return to the throne.

### SUPPORT

But Rhaenyra does at least have one clever, calculating and calm ally in Alyn of Hull, the illegitimate son of Lord Corlys Velaryon.

Abubakar Salim, who plays Alyn, has teased there will be 'chaos and emotion' in the final episode, which looks set to feature the deaths of more major characters.

Ormund Hightower (James Norton)

WORDS: DAVID HOLLINGSWORTH. TESS LAMACRAFT. PHOTOS: BBC, HBO MAX, SKY, ADOBE STOCK

Daemon's dragon Caraxes

Matt Smith as Daemon

'It feels real,' says the 33-year-old star about the secret of the show's success. 'Yes, there are dragons and it's all about kings and queens, but at its core the show is about family dysfunction. That's why audiences really connect with *House of the Dragon*. There's a sense of seeing yourself in that way.'

Alyn has gone on an almighty voyage in the show. When he arrived in Season 2, he appeared to be just a lowly sailor in the Velaryon fleet. But then it emerged that Alyn and his brother Addam, who's now claimed a dragon, were the illegitimate sons of Lord Corlys, AKA the Sea Snake, who demanded that Rhaenyra give legitimacy to his boys. When she refused, he stomped off, putting Alyn on the Small Council in his place.

Abubakar Salim as Alyn of Hull

## FINDING HIS PLACE

Alyn has gone from being a hero of the Battle of the Gullet to helping Rhaenyra plot her next strategic move. But despite the fact Alyn clearly loved being a sailor, Salim believes his character prefers his new life.

'In Season 2, Alyn was full of pride and didn't want anything to do with his family,' he says. 'Everything else was just noise – until, that is, he realised that thinking of everyone else and the wider populace is a better way of living.'

But will Alyn survive what's sure to be a bloody finale? Season 3 has been getting darker and darker, with showrunner Ryan Condal saying, 'There's this feeling of the snowball rolling down the hill – a sense of inevitably.'

## PRESTIGIOUS ROLE

Salim won't reveal if he'll be back for *House of the Dragon*'s fourth and final season, which is expected to start filming next spring, but says that playing Alyn has been a dream role.

'I read the book before even knowing I was going to be in this,' he enthuses. 'I'd watched *Game of Thrones* and then *House of the Dragon* as a fan – so it has been pretty cool to be part of the world.'

Stars Ruth Madeley and Iwan Rheon

# Bad faith

## Can Gabs and Dick **discover the truth** about Leonard?

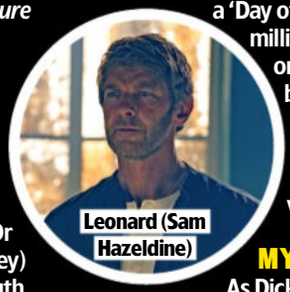
**LAST ONE THRILLER**

**The Rapture**

**Sunday, 9pm, BBC1**

**With teen Bethany Krall** now missing, there are many questions yet to be answered as five-part **BBC1** drama *The Rapture* reaches its dramatic conclusion this week.

Investigative journalist Dick Carwyn (played by *Game of Thrones*' Iwan Rheon) has been helping psychologist Dr Gabs Fox (Ruth Madeley) in her quest for the truth. Gabs is certain that her patient Bethany (India Amarteifio), who was found guilty of her mother Carys' murder two years earlier, is innocent.


Leonard (Sam Hazeldine)

## A NEW ENERGY

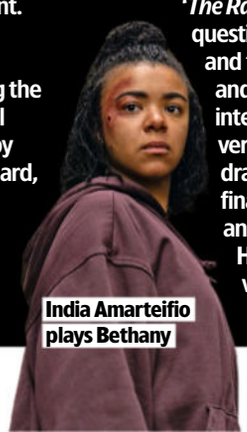
'Dick was investigating the Faith Way, the spiritual organisation headed by Bethany's father, Leonard, when Carys died,' explains Rheon, 41. 'Dick was once a high-flying journalist but lost everything and felt very bitter about that, but his passion for getting to the truth was reignited when he met Gabs.'

It's a race against the clock for Dick and Gabs to find Bethany, who has powers to predict the future. Meanwhile, Leonard (Sam Hazeldine) is preparing to lead a 'Day of Hope' involving millions of his devoted online followers – but he is alarmed by a picture that Bethany has drawn foretelling another violent murder.

## MYSTERY

As Dick continues digging into Leonard's past, he uncovers a chilling connection that links him to a big tech firm, an oil company and MP Caroline Wren (Lisa Palfrey).

'*The Rapture* makes people question how big corporations and the government interact and whether it's in the public interest or not. It brings a very current theme into the drama,' says Rheon. 'The final episode is very tense and there's a lot of mystery. Hopefully it will keep viewers guessing right until the end.'


India Amarteifio plays Bethany

NEW FROM prime video

Fists are flying as **Jack Reacher** investigates a Pentagon mystery

# Fighting force

**NEW ACTION DRAMA**

**Reacher**

**From Wed 12 Aug, Prime Video (first three eps from 12 Aug, then weekly)**

**At the start** of the fourth season of action-packed Prime Video drama *Reacher*, based on the Lee Child books, the eponymous hero, played by Alan Ritchson, is in Philadelphia to sample the city's cheesesteak and take in a football game.

But as fans of muscle-bound, ex-military policeman Jack Reacher will know, trouble tends to follow this taciturn drifter, who finds himself questioned by the local police and the FBI after witnessing a suicide by a Pentagon employee on a late-night subway train.

Jack learns that the shocking incident is linked to a blackmail plot involving a high-ranking politician, and is targeted by various parties who believe him to be in possession of a flash drive containing sensitive information.

## CRACKING THE CASE

Feeling guilty for not preventing the tragedy, Jack joins forces with policeman Jacob (*Strong Medicine*'s Christopher Rodriguez Marquette), brother of the deceased, to uncover the truth.

Having set the bar high with his first three outings as the popular character, who has previously been played on the big screen by Tom Cruise, ex-*American Idol* contestant Ritchson admits the pressure was on going into this run.

'The seasons have gotten progressively better and more interesting,' says the 43-year-old, who is joined in the cast by *GLOW*'s Sydelle Noel as Philly detective Tamara Green, and Indonesian singer Agnez Mo as Lila Hoth, a key player in the blackmail plot line.

'Season 3 was especially well-received, and I enjoyed the way we put that together, and the mystery and the reveals. It was true to Reacher, and him at his best so far. So, with that in mind, we're upping the stakes quite a bit, and this is going to be the best season we've had yet. And definitely the bloodiest.'

True to form, Jack keeps his cool and his counsel while being grilled by the cops and Feds, but lets his fists do the talking. In the opener alone, he is jumped twice on the street, once in a library, and throws someone through a fifth-floor window after a brutal battle in a hotel room.

## NON-STOP BRAWLING

The physical fights *Reacher* fans love to see made for a punishing shooting schedule.

'We shot 11 fights in the first four weeks, and we've never shot anything close to that pace,' says Ritchson. 'Everywhere Reacher turns, he's got another group on his heels. It's fun, wild and non-stop.'

WORDS: IAN MACEWAN; GRACE MORRIS. PHOTOS: BBC, ITV, PRIME VIDEO

**‘Everywhere Reacher turns, he’s got another group on his heels. It’s fun’**
ALAN RITCHSON

Jack witnesses a suicide

Jack, Tamara and Jacob with Russell (Kevin Weisman)

He adds that creating these cinematic, high-octane action set pieces on a small-screen budget poses its own challenges.

‘In a feature film, you have weeks or months to prep for fights, and build, design, learn and perfect them,’ he explains. ‘In TV, we try to meet those filmic standards, but with a lot less time, money and resources. But we have a good system in place and, for now at least, it’s working.’

A fifth season of the hit series is already in the works, and Ritchson will be appearing in the upcoming spin-off drama *Neagley*, starring Maria Sten as Frances Neagley, a private investigator in Chicago who was a military protégée of Jack’s in the Army’s 110th Special Investigations Unit.

‘Whereas Reacher is rather dry and stoic, Neagley is just a powerhouse,’ says Ritchson. ‘She’s the perfect contrast to Reacher.’

STORY OF THE WEEK

# SOAP WEEK

## This week’s soaps at a glance

Charity faces her attacker

**EMMERDALE**

## Charity confronts her rapist Dr Todd – has she killed the medic?

**After initially hiding** away from her rape at the hands of evil Dr Todd, brave Charity found the strength to attend a victim-support group and reveal that her attacker was a woman. However, a showdown is set to erupt when Charity comes face to face with Dr Todd in her own home, where the vile assault took place.

As Charity orders Dr Todd to leave, the doc refuses and threatens to pursue legal action against her. Charity demands a confession to her crimes, but Dr Todd snaps back that she’ll tell Sarah the truth about baby Leyla’s parentage.

Heinous Dr Todd

When the confrontation escalates, Charity takes control and brands Dr Todd a rapist, which someone overhears as they quietly slip in.

Given that a flashforward revealed Dr Todd was going to end up dead in a pool of blood, is a murder about to happen? Could Mack have acted upon his previous threats to kill Dr Todd and ended her once and for all?

**PLUS** Billy asks Dawn to run away with him, Lewis surprises Kev with a secret, and Dylan reaches out to April and Bear about his struggles.

## ALSO IN THE SOAPS THIS WEEK...

### CORONATION STREET

Tim (above) makes a discovery that turns his and Sally’s world upside down, Sarah dumps Kit, Idris intervenes when Alya has a potential buyer for Speed Daal, and Fiz is suspicious when Hope finds something in Ross’ wallet.

### EASTENDERS

Ian realises Gray has involved him in a sinister plan (above), there’s chaos when Sheila kidnaps Jordan, Amy admits a truth to Craig as he investigates Joel’s attack, and Eve finally bonds with Ria after Nicola’s encouragement.

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TV WEEK

# Dutch courage

**Darrell D'Silva** on saxophone-playing pathologist Hendrik facing a terrifying health scare...

Hendrik Davie (Darrell D'Silva)

**CRIME DRAMA**

## Van der Valk

**Sunday, 8pm, ITV1**

**Hendrik Davie is** a crucial part of Piet Van der Valk's team, but the pathologist fears his days are numbered after he started coughing up blood at the start of the current fourth series.

With the Amsterdam crime team working on a case involving a missing singer who's suspected of murdering an environmental campaigner, Hendrik (Darrell D'Silva) hopes he can keep his health scare a secret. But Piet (Marc Warren) soon realises that something is amiss with his colleague.

During a moving heart-to-heart with the Dutch detective, Hendrik reveals that he has throat cancer and is too scared to seek treatment.

Piet and Lucienne have a killer to catch

However, it's clear that his friend is in no mood to watch on as Hendrik fades away.

Here, Yorkshire-born D'Silva tells us more…

**'It has come as a bit of a shock that Hendrik is quite so popular'**

DARRELL D'SILVA

**What's the latest with Hendrik's health?** He doesn't tell anybody what's going on, but Piet figures out there is something up and confronts him. Hendrik just wants to suck the marrow out of life. But there's a plan to help him see sense.

Hendrik lets loose

**Does the health scare affect his work?** He loses focus a little bit. His job is about dealing with death, but being confronted with his own mortality is an overload at times. He's distracted by his situation.

**Does he take strength from the team's reaction?** They're all misfits and dysfunctional in their own way, so there are a lot of unspoken things, certainly between Hendrik, Piet and Lucienne Hassell [Maimie McCoy]. It comes as a bit of a shock to Hendrik that people care so much. It's a brutal job and they are trying to maintain a distance from murder and the grimness. So, any kind of warmth does come as a surprise – and it comes as a surprise to him that he might need to talk about things.

**The news will come as a shock to viewers. Hendrik is certainly very popular with fans...** I always get people coming up to me and saying they love the character – which is great to hear. It has come as a bit of a shock that Hendrik is quite so popular.

**We love to hear you play saxophone in the series. Will Hendrik still be able to play?** He plays sax in the lab in this week's episode and there's also some music on the boat where we have a bit of a party. I teamed up with my ex-band partner from the 80s, Justin, who lives in The Hague, to create a piece of music for the scene. That was fun.

WORDS: SEAN MARLAND. PHOTOS: ITV, GETTY

# LOOK WHO'S BACK...

## A familiar face appearing in a new show this week

## Martin Kemp

### Martin and Roman's Irish Road Trip

NEW

*Monday, 8pm, C4*

**Born in London** in 1961, Martin Kemp found fame as a member of chart-topping New Romantic band Spandau Ballet (inset). His film and TV credits include *The Krays* (1990), *Agatha Christie's Marple* (2006) and the role of Steve Owen in *EastEnders* (1998-2002), while he has also co-hosted ITV1's *Martin & Roman's Weekend Best!* with his presenter son Roman.

**HIS NEW SHOW**

**After living in** Ireland during his Spandau Ballet days, Kemp returns this week with son Roman for a three-part journey to discover the country's landscape, myths and history. They begin in County Cork, where they take to the water in kayaks to learn the story of Cliona, Queen of the Banshees, before visiting Spike Island, a former prison known as 'Ireland's Alcatraz'. 'It's an opportunity to show Ro the Ireland that I knew,' explains Kemp, 64. 'The scenery is amazing, the people are beautiful and legends are part of Ireland's history.'

Martin and Roman Kemp

WORDS: CLAIRE CRICK, RICHARD MCCLURE, VICTORIA WILSON. PHOTOS: BBC, C4, GETTY, SKY, NBC

Steph McGovern hosts

# Monet for nothing

Can budding dealers make a killing in the **lucrative art market**?

# Portal combat

Lucy and Warren

A daughter and father are **trapped in a wormhole** in a surreal comedy

NEW COMEDY

### Warren's Vortex

Monday, 10.10pm & 10.40pm, Sky Comedy (box set, Sky Box Sets/NOW)

**There's nothing out** of the ordinary about Warren Harrison's house on an average New Zealand street in the Wellington suburb of Lower Hutt – oh, apart from the fact that handyman Warren has a secret interdimensional vortex in his garden shed...

As six-part Kiwi sci-fi comedy *Warren's Vortex* begins on Sky Comedy, Warren (Maaka Pohatu) is using the wormhole to dispose of grass clippings and other garden waste – until his teenage daughter Lucy (Louise Jiang) is sucked in to the vortex, and Warren leaps in to the portal to rescue her.

As the pair embark on a surreal journey, they are

NEW ENTERTAINMENT

## The Big Deal with Steph McGovern

Thursday, 8pm, BBC2

McGovern and de Freitas (both centre) with the hopefuls

**The art world** is a multimillion-pound global industry. But for many, it feels like an exclusive club shrouded in mystery.

Now, financial broadcaster and art lover Steph McGovern steps in to bridge that gap as she invites seven pairs of aspiring art dealers to battle it out in *The Big Deal*.

Contestants Bella and Ollie present a piece

In the opening episode, the trainee dealers must sell emerging graduate artists' work at auction. Judging them is master dealer Cordelia de Freitas, joined by some of the UK's leading art experts. Trainees who fail to impress each week will be sent home, while the winning pair will walk away with British art worth £50,000.

Here, McGovern, 44, tells us more about the six-part series…

**How would you describe *The Big Deal*? And what made you want to host it?** It's like *The Apprentice* for the art world, but the deals are real, and it's as much about the hustle as it is about art. My dad's an artist, so our home was full of curiosities. Dad went to the Royal College of Art, an amazing achievement for a working-class kid. I jumped at the chance to host a show looking at how to deal in art, and my dad was the first person I called.

**What's the key to winning the show?** The art market is no different to any other business. Work out what the artist is trying to tell the world, then get that across to potential buyers. Nail that and there is money to be made.

**What did you learn about the art world during filming?** As a business owner and financial journalist, I know a bit more than most about the moneymaking side. But I'm the audience's guide, rather than the expert, so I learn along the way like our dealers do. I've learnt loads from master dealer Cordelia de Freitas, who judges the trainees.

**If you could own any piece of art, what would it be?** A painting by David Hockney – one of his amazing pieces of Yorkshire – or an Antony Gormley sculpture. Maybe I'd commission a version of his *Angel of the North* for the garden!

transported to various 'alternate' New Zealand realities, beginning with an apocalyptic frozen wasteland where super-intelligent refrigerators have taken over.

Later episodes see the intrepid pair encounter laser-eyed estate agents, a zombie outbreak, a murder mystery and a New Zealand where – shock, horror! – rugby isn't played.

Kali Kopae and Maaka Pohatu as Hine and Warren

For the producers, one of the biggest challenges was transforming Warren's ordinary house for the different realities.

'During the series we see the house go from a normal suburban house to a dystopian version overgrown with vines and greenery, to a creepy homogeneous show home, to a totally messy home where no one's done the dishes for months,' says co-creator Paul Yates.

### INNATE SILLINESS

The show comes from the team behind comedy series *Wellington Paranormal* (previously shown on Sky) and co-stars Kali Kopae as Warren's wife Hine, with comedian Ginette McDonald as neighbour Mrs Schrodinger.

'It's definitely a show that the whole family can enjoy together,' says Yates. 'There's a lot of innate silliness and Kiwi humour.'

# WHAT ELSE CAN I WATCH?

## We search the TV schedules to uncover the shows you might have missed...

### NEW Chicago Med

*Friday, 8pm, Sky Witness*

**All three Chicago** shows return to Sky Witness after their midseason breaks, beginning with *Chicago Med*, as flashbacks reveal Dr Lenox's harrowing ordeal as she tried to save a woman from her abusive spouse (above). That's followed by the return of *Chicago Fire* (9pm) as the firefighters hunt an arsonist who has targeted a school principal, and *Chicago PD* (10pm), which sees Eva close in on killer Raymond Bell.

### He Had It Coming

NEW

*Fri, from 11.15pm, BBC3 (box set, BBC iPlayer)*

***It's a Sin*** actor Lydia West stars in this Australian comedy murder mystery as Elise, an awkward English bagpipes student who befriends influencer Barbara (Liu Bordizzo). After a series of mishaps with men, the pals are linked to the murder of a star athlete – and when Detective Shepherd (Liv Hewson) investigates, the pair must find the culprit as the body count rises.

### Paul Heaton at the BBC

NEW

*Saturday, 8.35pm, BBC2*

**The BBC raids** its archives for performances by one of Britain's most popular singers (right), including classics from his bands The Housemartins and The Beautiful South. That's followed by *Paul Heaton: Live at Bramall Lane* (10.10pm), recorded last year, featuring hits *Happy Hour*, *Caravan of Love*, *A Little Time* and *You Keep It All In*.

### Frank Skinner: 30 Years of Dirt

NEW

*Friday, 9pm, Sky One*

**Filmed in London,** this special recording of Frank Skinner's recent sold-out stand-up show sees the veteran comedian (right) perform at the Soho Theatre Walthamstow, where he riffs on growing older, his inability to perform family-friendly comedy, and his celebrity encounters over the years.

EXCLUSIVE!

**Frank Hawden**
Jake Dunn
The Englishman jumps to conclusions when he first meets Sybylla but realises he's misjudged the free-spirited country girl.

**Sybylla Melvyn**
Philippa Northeast
Spontaneous and charismatic, she dreams of becoming a writer – but her family plans to marry her off.

**Harry Beecham**
Christopher Chung
The affluent owner of Five Bob Downs, Harry's sense of isolation is turned on its head with Sybylla's arrival.

# Country courtship

*Slow Horses'* **Christopher Chung** swaps espionage for affairs of the heart

## NETFLIX My Brilliant Career

NEW *Available: Thursday 13 August*
*Genre: Drama Season: 1 Eps: 6*

**Beloved by fans** as irredeemably self-serving MI5 tech specialist Roddy Ho in *Slow Horses*, Christopher Chung returns to his native Australia this week when he plays the romantic lead in lavish period drama *My Brilliant Career*.

Netflix's vibrant reimagining of Miles Franklin's 1901 coming-of-age novel (made into an acclaimed 1980 movie starring Sam Neill and Judy Davis) is set in 1900s colonial Australia. The six-parter centres on high-spirited heroine Sybylla Melvyn (*The Family Next Door*'s Philippa Northeast), who has a burning ambition to become a published author.

On leaving her rural family home in Possum Gully to be polished into marriage material by her formidable grandmother Winifred Bossier (*Hotel Portofino*'s Anna Chancellor), Sybylla has a life-changing decision to make after meeting Chinese-Australian landowner Harry Beecham (Chung) and intriguing Englishman Frank Hawden (*Renegade Nell*'s Jake Dunn).

Here, in an exclusive interview, Chung, 38, tells us more…

Bohemian Augusta (Kate Mulvany, front) defies social conventions

**Harry sounds a long way from *Slow Horses'* Roddy Ho…** Roddy's such a specific character and a defining moment in my career. To have a complete departure with a leading romantic role is something I don't think audiences who know Roddy would think I'm capable of!

**What is it about Sybylla that captivates Harry?** Harry is someone who is led by integrity. He wants to hold on to his family's legacy, but he has this curveball thrown at him in the form of Sybylla. He sees a lot of himself reflected in her. Another part of the attraction is the way that she views the land and how they experience it together.

**Were you familiar with the novel and film adaptation?** When the script came to me, I went back and read the original

## WHO'S WHO

**Winifred Bossier**
Anna Chancellor
**A successful horse breeder, Sybylla's maternal grandmother aims to find a suitor for her uncouth granddaughter.**

**Augusta Beecham**
Kate Mulvany
**Harry's aunt is a glamorous force of nature. She is protective of Harry after raising him when he was orphaned.**

**Nell Kirby**
Sherry-Lee Watson
**The horse trainer works for Mrs Bossier, aspires to become a foreman and inspires Sybylla in unexpected ways.**

**Helen Bell**
Genevieve O'Reilly
**Sybylla's reserved aunt quietly nurses a painful past and encourages her niece to seek the safety of a practical match.**

book and watched the movie. It's incredible how [writer and executive producer] Liz Doran has expanded the world into something that honours the blueprint of the book while giving it all the colours and the layers of what society in Australia would have been like back then. There are moments that we don't shy away from.

**Is it daunting that Harry's already a much-loved character?** Yes, it really is. I don't think that there has been a period-drama leading man of East Asian descent on a major streaming channel before. I felt a lot of pressure to do a good job.

**What's next for you?** We're filming more *Slow Horses* [Season 6 is due out later this year]. I think it's gained traction every season. It's really lovely every time someone comes up and says they love the show.

## What we're watching...

### The shows being enjoyed by the *TVSW* team

**prime Ride or Die**

*Genre: Action comedy Season: 1 Episodes: 8*

The great chemistry between Hannah Waddingham and Octavia Spencer (both above) lights up the screen in a fast-paced spy thriller that expertly blends humour with action set pieces. Spencer is MP's wife Debbie Claybourne, who, to her horror, discovers that her long-time best friend, Judith Burton (Waddingham), is not actually a forensic accountant but an assassin code-named Whiptail. Debbie barely has time to process that information before the two women are being chased all over Europe, while the bodies pile up around them.

**tv Lucky**

*Genre: Thriller Season: 1 Eps: 7 (released weekly)*

Anya Taylor-Joy (right) drives this high-stakes thriller as a con artist on the run from the FBI and a crime boss (Annette Bening) after her husband vanishes with their money following a multimillion-dollar heist.

**Disney+ R.J. Decker**

*Genre: Crime drama Season: 1 Episodes: 9*

*Grey's Anatomy*'s Scott Speedman (right) is charming and likeable as a disgraced photographer, newly released from prison, now trying to make a living as a private eye in a quirky Florida-set crime drama.

## Now in production...

### Three upcoming shows to look out for soon

**Disney+ Dame Julie Andrews**

In Disney+'s as-yet-untitled documentary, the legendary singer and actor (above) will open up about her life and career, sharing memories of her early years in the UK and her performances in the likes of *Mary Poppins* and *The Sound of Music*.

**Paramount+ Laird**

Sir Kenneth Branagh (above) will star in Paramount+'s drama about the owner of a Scottish castle who will stop at nothing to protect his estate from a US billionaire wanting to buy swathes of the Highlands. But dark secrets and unsettling tensions soon emerge.

**tv The Morning Show**

Apple TV's drama, starring Jennifer Aniston and Reese Witherspoon (both above) and following the fortunes of a US current-affairs show, will return for a fifth and final season next year, with Jeff Daniels, Renée Rapp and Lizzy Caplan joining the cast.

WORDS: CAREN CLARK; JUDY EWENS, ELAINE REILLY; PHOTOS: APPLE TV, ©2026 DISNEY & ITS RELATED ENTITIES, GETTY, NETFLIX, PRIME VIDEO

José Mourinho

# The Special One

A profile of outspoken football coach **José Mourinho**...

NETFLIX **Mourinho**

NEW *Available: Tuesday 11 August*
*Genre: Documentary Season: 1 Eps: 3*

**Known for his** unshakable self-confidence and outspoken opinions, José Mourinho took the Premier League by storm when he arrived in England in 2004 to manage Chelsea, having guided FC Porto to Champions League glory the previous season.

During his first press conference as Chelsea boss, the Portuguese coach dubbed himself 'The Special One' and he went on to become one of the most controversial figures in football.

But his success was irrefutable and, to date, Mourinho has now won 26 major trophies, including two Champions League titles.

This three-part documentary takes a closer look at his career, including interviews with Mourinho as well as contributions from footballing greats including Sir Alex Ferguson, John Terry, Zlatan Ibrahimovic and Samuel Eto'o.

'I started winning in 2003 and my last title was 2022,' says Mourinho. 'That's why [the documentary] is telling my story. You don't do a documentary with a guy that wins nothing.'

The series shows how Mourinho led Chelsea to three Premier League titles, despite facing scepticism because of his own mediocre career as a footballer.

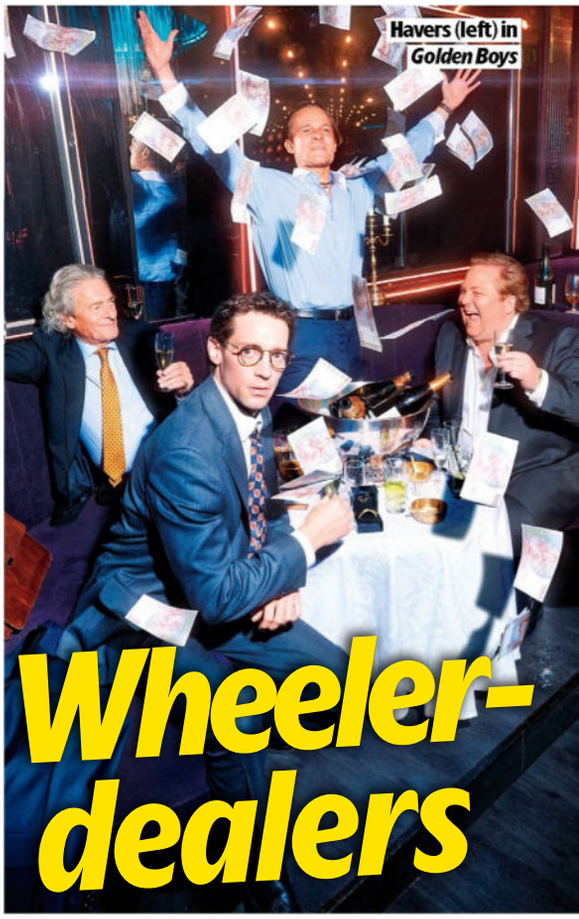
## YOUNG GUN

'When we go back to the late 90s, when I was starting, young coaches were not very well accepted, and not many coaches were high-profile without being top football players,' says Mourinho, 63.

'There was a very, very small group of us back then who were succeeding and winning important trophies at a young age and showing you can be a top coach without being a top football player.'

As well as managing Chelsea twice, Mourinho has also had stints at Real Madrid, Inter Milan, Manchester United and Tottenham Hotspur, which often ended acrimoniously. He's now returned to manage Real Madrid for a second time, 13 years after his first stint came to an end.

'My career took me to a position where everybody thinks I have magic to make things happen,' says Mourinho. 'With me, it is never enough. If I am in a job, I like to put myself on the line every day. Please don't call me arrogant, because what I'm saying is true.'


Havers (left) in *Golden Boys*

# Wheeler-dealers

**Nigel Havers** stars in a Swedish business drama

viaplay **Golden Boys**

NEW *Available: Monday 10 August Genre: Drama*
*Season: 1 Eps: 4 (two eps released weekly)*

**After his guest** role as an aristocrat in Guy Ritchie series *The Gentlemen*, Nigel Havers plays another upper-crust character when he takes on the real-life part of Lord Moyne in Viaplay's Swedish-language drama *Golden Boys*.

The four-parter follows the true events of the biggest financial investigation in Swedish history as newly released prisoner Joachim (Adam Lundgren) and his boundary-pushing cousin Thomas (Erik Svedberg-Zelman) devise a scheme to take over a major investment company, with Lord Moyne as their front man.

'I got the scripts and thought that they were tremendous, and I wasn't wrong. It's a hell of a good story,' says Havers, 74. 'You sort of fall in love with the characters, which you shouldn't do.'

However, when the scheme collapses, Joachim disappears without a trace, abandoning everyone closest to him including Thomas, his parents and his seven-year-old son…

The series was filmed in Gothenburg, and Havers enjoyed the experience immensely.

'I thought the part was so intriguing,' he says. 'I had the time of my life – more than I've enjoyed any job for some time. The actors were superb and we had an extraordinarily inventive director in Ivica Zubak. He had the great habit of saying, "We've got this take. Let's do another one and do exactly what you want." That was a joy.'

WORDS: CAREN CLARK, NATASHA HOLT, VICTORIA WILSON. PHOTOS: 5, BBC, GETTY, ITV, NETFLIX, VIAPLAY

# Sad songs

**Sunny Sandler** is an aspiring musical star who's dealing with a family trauma

Sunny Sandler on set with director Julia Hart

Sophie (centre) with her parents and brothers

## NETFLIX Don't Say Good Luck

**NEW** *Available:* ***Friday 14 August***
*Genre:* ***Drama***

**How do you** sing your heart out when your whole world has just fallen apart? That's the devastating question at the core of Netflix's new one-off coming-of-age drama *Don't Say Good Luck*.

The movie sees Sunny Sandler play Sophie Birenbaum, a teen whose life is upended moments before a big audition for her high-school's musical-theatre production when she accidentally overhears a phone call revealing her mother's cancer has returned.

Taking to the stage in sheer shock, Sophie's raw, tearful performance lands her the coveted lead role in the musical. But as rehearsals get under way, Sophie must navigate how to shine in the spotlight while quietly helping her family through the trauma,

Sandler is the 17-year daughter of Hollywood star Adam Sandler and actor Jackie Sandler, who are both producers on the movie and have worked with their daughter on several other projects. But director Julia Hart rejects any accusations of nepotism.

### CLASS ACT

'Sunny was the first and only person we thought of to play Sophie,' insists Hart. 'I knew she was going to be great, but she absolutely exceeded all of my expectations as an actor, and also as a singer, a hard worker, and an amazing leader on set.'

The film also stars *Yellowjackets*' Melanie Lynskey and *A Man on the Inside*'s Max Greenfield as Sophie's parents Elizabeth and Ted, while the script is based on the real-life experiences of writer Laura Hankin.

'It's based on Laura's own real-life story of when she got the lead in her high-school musical at the same time that her mom's cancer came back,' says Hart about the movie, which also stars *Wednesday*'s Steve Buscemi and *Frasier*'s Bebe Neuwirth.

'The whole point of the movie is that Sophie learns how to work through the difficult things in life and channel her emotions through art. Because it's such a deeply personal and specific story, it feels so real. People can feel connected to it.'

# EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

### BBC iPLAYER The Rapture

Psychologist Gabs (Ruth Madeley) is assigned to a new patient, convicted murderer Bethany (India Amarteifio, pictured with Madeley), in BBC1's thriller, but Gabs becomes deeply unsettled as the teenager appears to be able to predict the future.

### 5 Benidorm Is Murder

5's whodunnit sees ex-cop Dennis (John Hannah) running a Scottish pub in Spain, but his new barmaid Rosa (Carolina Bécquer, pictured with Hannah) draws him back into the world of crime-solving.

### BBC iPLAYER Ghosts Australia

In BBC3's Down Under version of the hit comedy, loved-up Kate (Tamala Shelton) and Sean (Rowan Witt) inherit a run-down country estate, but when Kate hits her head falling off a ladder, she ends up interacting with the house's spooks.

### ITVX Force of Nature

For ITV1's wildlife docuseries, cameras follow animals trying to survive the increasingly extreme global weather, including Kenyan cheetahs, who manage to evade crocodiles as they cross a river, only to come face to face with a lion.

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TVSAT04/08/26q

# Pick of the new releases

The best new shows to enjoy this week on streaming services...

## The Chosen in the Wild with Bear Grylls

*Sunday 9 August*

The survivalist takes the creator and core cast members of US drama *The Chosen*, about the life of Jesus, on an intense wilderness expedition, leading them through Utah's Castle Valley, Canyonlands, the Ausable River, the Colorado River, the Great Basin Desert and the Adirondack forest.

## Golden Boys

*Monday 10 August*

Swedish drama inspired by true events. In 1997, cousins Joachim Posener and Thomas Jisander came up with a scheme to seize control of a major investment firm and carry out the largest financial crime in Swedish history. Nigel Havers plays the British aristocrat the pair use as their front man. See feature, page 16.

The Chosen in the Wild with Bear Grylls

## Mourinho

*Tuesday 11 August*

Docuseries about one of football's most successful and outspoken figures – former Chelsea manager and current Real Madrid boss José Mourinho. Filmed over two years, the series explores the self-proclaimed Special One's phenomenal achievements – winning league titles in four different countries and lifting the Champions League twice. See feature, page 16.

## Rory Scovel: Show Must Go On

*Tuesday 11 August*

In this stand-up special, the American comedian riffs on a hypothetical home invasion and a biblical re-enactment.

## Reacher

*Wednesday 12 August*

The fourth season of the action crime drama starring Alan Ritchson as former US military police officer Jack Reacher. See feature, page 8.

## Nando Between Two Worlds - A Sintonia Film

*Wednesday 12 August*

Spin-off from Brazilian crime drama *Sintonia*. Five years after rising to power in the Brazilian criminal underworld, Nando is living in Serbia. But everything changes when his teenage daughter vanishes, forcing him to return home.

## A Child of My Own

*Thursday 13 August*

Mexican docudrama. After suffering multiple miscarriages and burdened by societal expectations, Alejandra Mendoza faked a pregnancy, culminating in her abducting a baby. Mendoza maintained she had made a deal with the baby's mother to take the infant.

## My Brilliant Career

*Thursday 13 August*

Australian period drama. Sybylla (*The Family Next Door*'s Philippa Northeast) is a young woman in rural Australia in 1900 with a searing ambition – to be a writer – while her family is determined to marry her off. See feature, page 14.

## Tires

*Thursday 13 August*

The third season of the workplace comedy. Will (Steve Gerben) runs the family auto-repair business in Pennsylvania while managing his chaotic, unfiltered cousin Shane (Shane Gillis) and a ragtag crew of mechanics.

## Women in Blue

*Wednesday 12 August*

The second season of the Spanish-language drama inspired by true events – the creation of Mexico's first female police force in 1971. The officers are pulled into an investigation linked to a student massacre in 1968.

## The Ribbon Hero

*Saturday 8 August*

Japanese animation that is a reimagining of classic 1953 manga *Princess Knight*. After she loses her kingdom in a devastating calamity, Princess Sapphire finds hope in a new land, only to take up her sword and magic ribbon when the threat returns.

## An Amputation Obsession: The Monster and the Surgeon

*Thursday 13 August*

Documentary about Dr Neil Hopper, an NHS surgeon with a psychological obsession with amputation. Hooper carried out hundreds of amputations before having his own legs removed in 2019. Last year, he was jailed for fraudulently claiming over £466,000 from insurance companies by lying that his severe leg injuries were the result of sepsis rather than self-inflicted.

## Miss You, Love You

*Friday 14 August*

A grieving widow (Allison Janney) is forced to plan the funeral of her husband with a stranger – her estranged son's personal assistant (Andrew Rannells). As the pair fumble through these strange, darkly funny circumstances, long-held resentments surface, but their partnership also becomes an unlikely conduit for connection, laughter and healing.

## Don't Say Good Luck

*Friday 14 August*

Teen drama. Just as Sophie (Sunny Sandler) lands the lead in her high-school musical, she learns that her mother's cancer has returned. With *Yellowjackets*' Melanie Lynskey, *Running Point*'s Max Greenfield and Steve Buscemi. See feature, page 17.

## Everybody Lies

*Friday 14 August*

French crime drama from Walter Presents. Fired from the police after refusing to drop a case, former cop Vincent Verner (Vincent Elbaz) is drawn back into the fight against corruption by a young prosecutor. Leading a specialist investigative unit, Vincent begins tackling seemingly untouchable individuals.

Miss You, Love You

## Camp Rock 3

*Friday 14 August*

Musical teen-drama sequel starring the Jonas Brothers and Maria Canals-Barrera. When they suddenly lose their opening act, Connect 3 host a competition at Camp Rock to find fresh talent to perform with the band on their tour.

## SpongeBob & Patrick's Timeline Twist-Up

*Friday 14 August*

In his latest animated adventure, SpongeBob's history is rewritten by a time-travelling interloper.

WORDS: JUDY EWENS. PHOTOS: APPLE TV, HBO MAX, NETFLIX, PRIME VIDEO

# Documentaries

Presley in 1973

# Killing of the King

Did the Mob play a role in the death of **Elvis Presley**?

**NEW FACTUAL**

## Elvis, the Colonel and the Mob

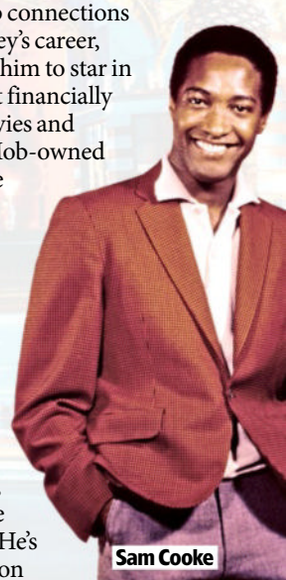
*Saturday, 10pm & 11.05pm, C4*

**When Elvis Presley** died from a heart attack in 1977, aged just 42, the tragic news sparked conspiracy theories that the 'King' had been murdered by the Mob.

Now, the murky truth is explored in C4's two-part docuseries *Elvis, the Colonel and the Mob*, which reveals how Presley's notoriously controlling manager, Colonel Tom Parker, operated in a business riddled with organised crime.

With the Mafia controlling many of the record companies, Parker used his Mob connections to steer Presley's career, encouraging him to star in mediocre but financially lucrative movies and perform at Mob-owned venues, while taking an astonishing 50% of everything Presley earned.

'Parker gave off an air of danger that was intimidating, even while he was smiling. He's the only person



Sam Cooke

## A House Through Time

*Thu, 9pm, BBC2 (box set, BBC iPlayer)*

**Professor David Olusoga** (above) uses the lives of generations of residents of a Georgian house in Edinburgh to reflect the Scottish capital's colourful past. Former occupants include a government spy, a clergyman who was jailed for harbouring French prisoners of war, and the bankrupt father of a revered Victorian sculptor.

## Bettany Hughes' Lost Worlds: Dawn of Civilisations

*Saturday, 8pm, C4*

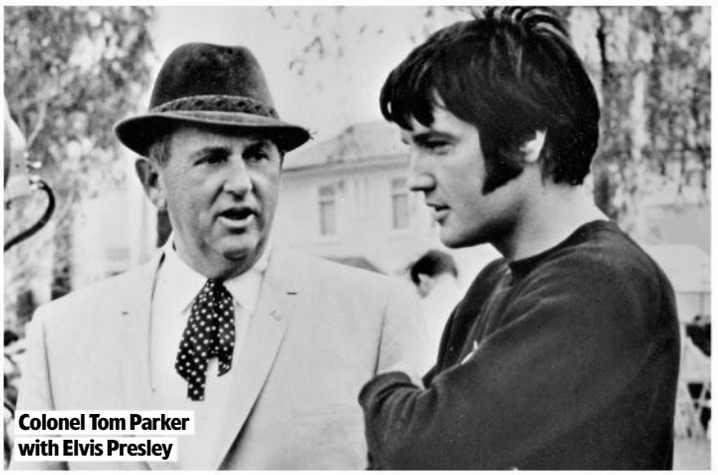
**Historian Bettany Hughes** explores ancient Anatolia in modern-day Turkey, where historical treasures offer clues about the origins of human civilisation – from homes in the fabled city of Ephesus to the cave dwelling of a hermit and the trading hub of Ani. She also takes a horse-drawn sleigh ride across the frozen Lake Çıldır (above).

## Spy Next Door: The Anna Chapman Story

*Wednesday & Thursday, 9pm, C4*

**A two-part** documentary about UK citizen and Russian agent Anna Chapman (above), who was arrested in an FBI sting and deported from the USA in 2010 after pleading guilty to spying charges. Includes an interview with Marina Litvinenko, widow of murdered activist Alexander Litvinenko.

WORDS: HANNAH DAVIES, NATASHA HOLT, IAN MACEWAN, RICHARD MCCLURE.
PHOTOS: 5, ALAMY; BBC, C4, GETTY; PBS AMERICA, SHUTTERSTOCK, SKY



Colonel Tom Parker with Elvis Presley

I ever met that I felt was evil,' reveals Alanna Nash, author of the book *The Colonel*.

'He also threatened Elvis. When singer Sam Cooke was shot in 1964, Parker warned Elvis that the Mob got to him because he was stepping out of line. He warned Elvis he should do what he was told and earn money.'

By 1970, Parker had turned down deals for Presley to perform outside the USA and instead pushed him into a gruelling five-year residency in Mob-controlled Las Vegas to pay off the mounting gambling debts that Parker owed crime bosses.

Presley's home Graceland

## DOWNWARD SPIRAL

Presley was chained to a contract he couldn't escape, and the gruelling schedule left the star exhausted, overweight and addicted to drugs, something that would ultimately lead to his fatal heart attack in his Graceland mansion on 16 August 1977.

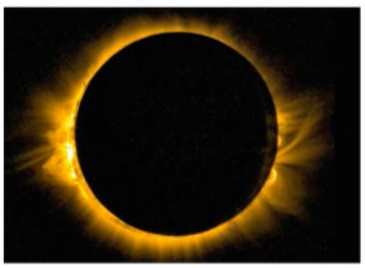
But although the Mob profited financially from the King, did they and Parker also contribute to his untimely death?

'The Colonel's gambling debts, everything he owed the Mob and the control they had over him completely shaped the last third of Elvis' career,' explains Nash.

## TRAPPED

'Elvis performed seven days a week and two shows a night. And in order to keep to this punishing schedule, he was on an unbelievable regimen of drugs.

'One of the reasons Elvis was so self-destructive was because he realised that Vegas was a treadmill he could never get off because the Mob owned the Colonel and the Colonel owned him. So he numbed himself with pills and whatever other unhealthy diversions he could think of.'



## Eclipse Across Europe

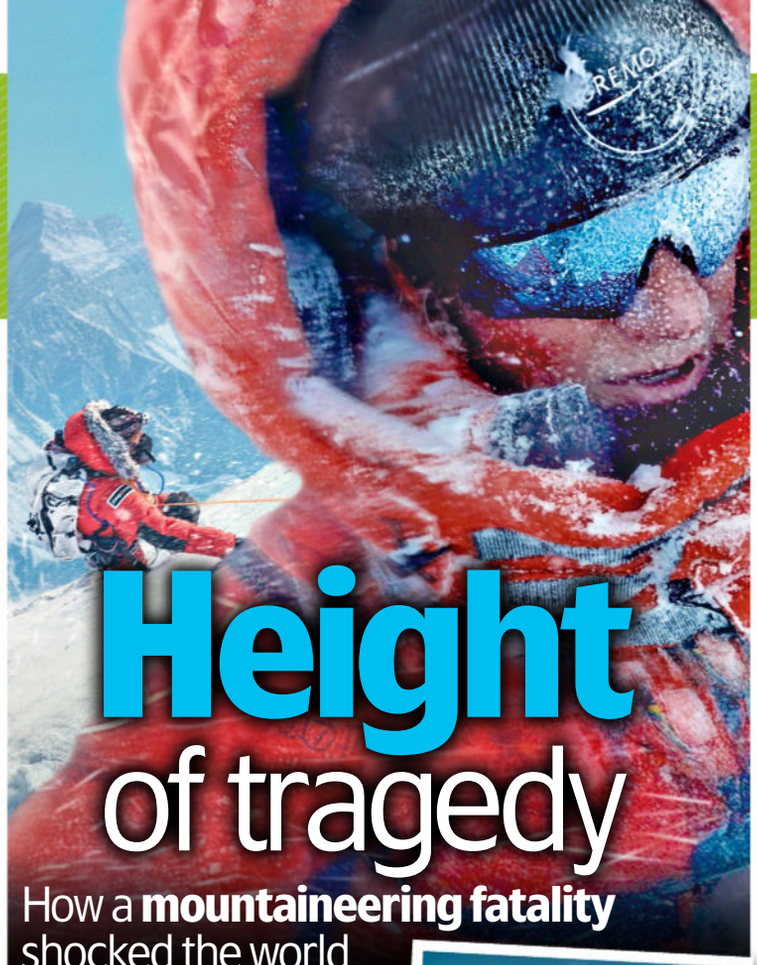
*Sun, 4.55pm & 10.55pm, PBS America*

**Wednesday sees the** biggest solar eclipse since 1999, and this one-off reveals the best places to watch, what to look out for, and the safest ways to view. There are also interviews with leading astrophysicists, who delve into the history of civilisation's early astronomers, and reveal some of the mind-blowing discoveries from recent eclipses.

## The Romans with Rob Rinder and Ruth Goodman

*Tuesday, 9pm, 5*

**This week,** Rinder and Goodman (both above) focus on AD 122, when Quintus Pompeius Falco, the governor of Britain, hosted Emperor Hadrian as he inspected the building of his famous wall. Light is also shed on the life of Fortunata, an enslaved woman mentioned in a tablet recording her sale that was found in 1994.



# Height of tragedy

How a **mountaineering fatality** shocked the world...

**NEW FACTUAL**

## Savage Mountain

*Tuesday, 9pm, Sky Documentaries*

**In 2023,** Norwegian climber Kristin Harila set out to scale the world's 14 highest mountains, including Mount Everest.

In documentary *Savage Mountain*, cameras follow Harila as she battles avalanches, falls, illness and temperatures of -40C to summit the peaks, which were all over 8,000m across Nepal, India, Pakistan and Tibet, in just 92 days – setting a new world record with her Nepalese climbing partner, Tenjen Lama Sherpa.

The majesty of K2

## LIFE AND DEATH

'There were many times on the mountains where I felt close to dying,' recalls Harila. 'But it was never in my mind to give up.'

Sadly, on their last climb, on K2, Harila and her team found injured Pakistani porter Muhammad Hassan.

For hours, they tried to save him, but when it became clear he would die, and a queue of climbers behind them and the risk of avalanche prevented them taking him down the mountain, Harila and Lama continued to the summit while their cameraman Gabriel stayed with Hassan to provide comfort in his dying moments.

The pair's achievement made headlines across the world, but weeks later footage from K2 surfaced, showing a column of climbers stepping over Hassan. The footage triggered a global backlash and Harila, who was $700,000 in debt after the expedition, lost all her sponsors and was inundated with hateful messages.

Kristin Harila and Tenjen Lama Sherpa

'What really happened wasn't very controversial, but the story of rich, Western climbers stepping over a dying porter in pursuit of the record was what the media wanted,' says Harila.

Harila then suffered further heartbreak when Lama died in an accident after he was hired by a US climber who was trying to set another record.

'I have been thinking about what if we hadn't gone for the record,' says Harila. 'Maybe Lama wouldn't have died. That journey changed my life for ever. It's been hell.'

# Films Our pick of this

MOVIE OF THE WEEK

**Jessie Buckley** delivers a career-best performance as a woman grieving her son

## HAMNET

**HISTORICAL**

*Friday, 8.10am & 8pm, Sky Premiere* ★★★★

**This year's Best** Actress Oscar winner, Jessie Buckley delivers a heart-wrenching performance in director Chloé Zhao's beautifully filmed screen version of Maggie O'Farrell's acclaimed 2020 novel. The conceit of book and film is that the tragic death of William Shakespeare's 11-year-old son Hamnet in 1596 inspired him to write what would become his most famous play, *Hamlet* (in Shakespeare's day the two names were interchangeable).

Yet it isn't Shakespeare but his wife (here called Agnes rather than the more familiar Anne) around whom O'Farrell's speculative narrative revolves. Buckley's Agnes is fiercely independent, earthy, wise, yet when plague reaches Stratford while her husband is forging his career in London, her gifts are helpless to save their son.

O'Farrell and Zhao's co-written screenplay is less daring than the book, ironing out its non-linear narrative and spelling out details more subtly handled on the page. Paul Mescal's Shakespeare isn't entirely convincing and Max Richter's score tugs a little too insistently at the heartstrings. But the film powerfully evokes Elizabethan England, brilliantly capturing the forest world where Agnes feels most at home, and the emotional climax at a performance of *Hamlet* at the Globe Theatre is overwhelmingly stirring. 2025, 12, 126MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, JAMIE GRAHAM, NIGEL PIZEY, HEIDI RICE

More premieres and Day by Day planner ›››

# week's Best Movies

SUPERHERO

## Venom: The Last Dance

*From Monday, Netflix* ★★★

**For this trilogy** closer, bedraggled hero Eddie Brock (Tom Hardy) and his brains-loving alien symbiote must tackle Knull, god of symbiotes, who's intent on escaping his prison, killing all symbiotes and destroying Earth. Only he needs the Codex if he's to slip his chains, and for that he needs Venom. Enter the Xenophage, Knull's version of a Rottweiler. This beast can sense Venom whenever he shows himself. Meanwhile, at Area 51, Dr Payne (Juno Temple) studies symbiote matter; cop Mulligan (Stephen Graham), reportedly dead, is in fact proving a stable host to a green symbiote. It's a lot, but it all boils down to one big chase movie. Where this movie shines is in the incessant bicker-banter between Eddie and Venom (also voiced by Hardy). It's just a shame that their final battle cry evokes not exhilaration, but relief. 2024, 15, 109MIN

Jawbreaker: Tom

Rock out: Paul and Nick

COMEDY DRAMA

## Power Ballad

*Available now, buy or rent from digital stores* ★★★

**A charming, bittersweet** tale of an ageing wedding singer (Paul Rudd, on song in the role) who discovers that a former star (played by former boy band star Nick Jonas, ideally cast) has stolen his song. Fifteen years ago, Rudd's expat American Rick traded his dreams of rock stardom for married life in Dublin and now enjoys modest success as the frontman of a wedding band called Bride & Groove. At one of his gigs, Rick hits it off with a famous guest, Jonas' Danny, an ex-boy band member who is struggling to make the jump to solo stardom. The pair stay up all night, drinking together and jamming their respective songs. A few months later, Danny has a smash hit with a ballad he's claiming as his own. It's Rick's song but he can't prove it. Will he get his proper dues? 2026, 15, 98MIN

HISTORICAL ACTION

## Gladiator II

*From Wednesday, Netflix* ★★★

**Paul Mescal looks** impressive in this sequel to Ridley Scott's 2000 epic, though he lacks the commanding presence and gravitas of original star Russell Crowe. That said, Scott piles on the action to spectacular effect in a story that is effectively a remake of the first film, thrusting Mescal's noble warrior into the Roman arena and pitting him against all manner of foes, including ferocious baboons, a rhino and, in a flooded Colosseum, even sharks. Amid the brutal fights to the death, Denzel Washington steals the film as the wily gladiator owner who is using Mescal's hero for his own ends. 2024, 15, 155MIN

Fight or die: Paul

T-wrecking crew: Jake Ryan, Jeremy, Ryan and Tricia

CREATURE FEATURE

## Primitive War

*Available now, Paramount+* ★★★

**Making a mockery** of Hollywood budgets, Aussie film-maker Luke Sparke has made a commendable dinosaur flick for under $10million. Set during the Vietnam War, it sees an elite recon unit, lead by Ryan Kwanten, enter a mysterious valley full of the beasties, searching for lost Green Berets. It's cheesy, cliched and full of (literally) disposable grunts, but it's also a whole lot of gory fun. The dinosaurs – and there are lots of them – are genuinely impressive, with only a few moments where the budget rears its head, while Jeremy Piven and Tricia Helfer pop up to add a spot of star power. From 7 August. 2025, 15, 133MIN

# Films

Lethally blond: Nicholas and co

FANTASY ACTION

## Masters of the Universe

*Available now, Prime Video* ★★★

**Amazon's multi-million-dollar** flop is more enjoyable than it's limp box-office suggests. After the destruction of his homeland by Jared Leto's Skeletor, Nicholas Galitzine's exiled Adam – aka He-Man, eventually – locates The Sword of Power in Oklahoma and returns to Eternia with a little help from his childhood buddie Camila Mendes' Teela and her dad, Idris Elba's now washed-up Man of Arms.

Mixing knockabout humour – as Galitzine stumbles around trying to find his power – with cartoonish fight scenes, this slam-bang fantasy yarn, based on the boy toy Mattel created in the 1980s to rival Barbie, is about as subtle as the big sword itself. It's also far too long at close to two-and-a-half hours, with the trite 'emotional moments' guarateed to bore the target audience to tears.

That said, the flashy, colourful world-building and retro-80s synth soundtrack should please die-hard fans, Leto has fun going the full 'Sadistic Overlord of Evil' and Galitzine – best known as Anne Hathaway's boy band squeeze in *The Idea of You* – carries the lead, not to mention that huge sword, with muscular charm. There's also an affectionate cameo from the 1987 He-Man Dolph Lundgren. 2026, 12, 140MIN

## Hidden gems Great movies you might have missed...

SCI-FI MYSTERY

### Cloud Atlas

*Prime Video* ★★★★

Tom Hanks, Halle Berry, Jim Broadbent, Ben Whishaw and a clutch of other familiar faces pop up in some startlingly unfamiliar guises in this dizzying screen version of David Mitchell's time-leaping novel as they swap gender and race from one of the film's six interwoven stories to the next. Writer-directors Tom Tykwer and the Wachowskis give the narrative breathtaking momentum, creating episode after episode of adventure and suspense. 2012, 15, 172MIN

CHILLER

### Doctor Sleep

*HBO Max (Director's Cut on Prime Video)* ★★★★

Stephen King's sequel to *The Shining* becomes a riveting film from director Mike Flanagan. Ewan McGregor plays shambolic psychic Dan Torrance, son of writer-turned-homicidal-axe-wielding Jack, whose life is haunted by his childhood trauma at the Overlook Hotel. But with a band of psychic vampires (led by Rebecca Ferguson) feeding on the 'shine' of telepathic children, he is forced to help one such kid (Kyliegh Curran) before they can catch her. 2019, 15, 152MIN

PERIOD DRAMA

### Vera Drake

*Netflix* ★★★★

Oscar-nominated Imelda Staunton gives a shattering performance as Vera Drake, a loving wife and mother in 1950s Britain who also helps women in trouble by performing illegal abortions. Director Mike Leigh's searing drama carefully fills in all the cosy details of Vera's home life, which makes it all the more devastating when the police come to call and her world falls to pieces. A brilliantly acted, reasoned and hard-hitting drama. 2004, 12, 119MIN

# Saturday 8 August

MUSICAL

## The Color Purple

*On now, Netflix* ★★★

Sex ●●● Violence ●●● Language ●●●

**This adaptation of** Alice Walker's Pulitzer-winning tale of a black girl's coming of age in early 20th-century Georgia is based on the noughties Broadway musical. Making her screen debut, Fantasia Barrino reprises her stage role as the abused Celie. She is handed over to cruel Mister (Colman Domingo), but a lifeline arrives in the form of jazz singer Shug Avery (Taraji P Henson) who helps set Celie on the path to sexual and spiritual empowerment. It's a feast for the eyes, but treads a fine line between sugary and crowd-pleasing and there's often a disconnect between its harrowing subject matter and the upbeat song-and-dance numbers. 2023, 12, 141MIN

Show stoppers: Taraji and Fantasia

ANIMATION

## Minions

*4pm, Sky Animation* ★★★★

Sex ●●● Violence ●●● Language ●●●

The zany Minions, scene-stealing sidekicks in the *Despicable Me* movies, get their first animated adventure and prove just as kookily cute and funny as on their previous outings. It turns out that Gru's devoted lackeys have always been in the henchmen game, attaching themselves to the most despicable villain of any given era, from Tyrannosaurus Rex to Napoleon. Here, their boss is haughty Scarlet Overkill (voiced by Sandra Bullock), who takes a trio of plucky Minions to Swinging Sixties London and plots to steal the Queen's crown. 2015, U, 91MIN

THRILLER

## Quantum of Solace

*8pm, ITV1* ★★★★

Sex ●●● Violence ●●● Language ●●●

With more globetrotting locations, faster-paced action, riskier stunts and bigger explosions than ever before, the 22nd Bond movie and Daniel Craig's second 007 outing is an entertaining blast. The action takes up an hour after the events in *Casino Royale*, with Craig out for revenge and looking to bring down evil businessman Dominic Greene (Mathieu Amalric). Ice-cool Craig is first-class and, as the trail takes him to Italy, Austria and Haiti, Olga Kurylenko and Gemma Arterton provide memorable support. 2008, 12, 106MIN

ROMCOM

## Bridget Jones's Diary

*10.20pm, BBC1* ★★★★

Sex ●●● Violence ●●● Language ●●●

Renée Zellweger is singleton Bridget Jones, who's haplessly searching for romance, fulfilment and an acceptable waistline in modern London. This endearingly cheery adaptation of Helen Fielding's bestseller rarely puts a foot wrong. Zellweger (who famously piled on the pounds for the role) is pretty much faultless, while sparking up the plot are Hugh Grant and Colin Firth, hilarious as the very different men in her life. The first two sequels, *Bridget Jones: The Edge of Reason* and *Bridget Jones's Baby*, are showing on BBC1 on Sunday and Monday. 2001, 15, 96MIN

ROMCOM

## Man Up

*11.50pm, BBC1*
*(12.35am Scotland)* ★★★★

Sex ●●● Violence ●●● Language ●●●

Spinning out its screwball premise with dexterity and wit, this hugely engaging romcom is a winner as Simon Pegg's emotionally bruised divorcee mistakes Lake Bell's snarky cynic for his blind date. The film barrels along around a refreshingly down-to-earth London with a giddy momentum that is exhilarating, while Pegg and Bell ensure their characters remain both credible and likeable. The duo's chemistry is sensational, too. 2015, 15, 88MIN

■ Full listings start on **p35**

# Sunday 9 August

HORROR

## We Bury the Dead

*10.25pm, Sky Sci-Fi/Horror* ★★★★

Sex ●●● Violence ●●● Language ●●●

**A military catastrophe** (accidentally caused by the US) has killed half a million people and Daisy Ridley's Ava is in Tasmania, having volunteered to help with body retrieval. Really, though, she's trying to find her missing husband, a journey that teams her with Clay (Brenton Thwaites). Some of the dead, however, are not staying down… Moments of abrupt violence and passages of suspense punctuate Ava's quest, but writer-director Zak Hilditch's film leans towards quiet melancholy rather than edge-of-seat fear and gore. This surprisingly deep psychological angle is helped considerably by Ridley's convincing portrayal of haunted grief. 2024, 15, 95MIN

Chop chop: Daisy

ANIMATION

## Ruby Gillman, Teenage Kraken

*1.50pm, BBC1* ★★★

Sex ●●● Violence ●●● Language ●●●

After jumping into the sea to save a drowning boy, insecure Ruby (voiced by Lana Condor) learns she's a kraken – a tentacled sea beast with bioluminescent skin and laser eyes. Turns out Ruby's mum (Toni Collette) has been hiding her brood on land to prevent them being sucked into a vendetta with their enemies, mermaids, who are eager to get hold of a fabled trident that decrees who rules both above and below the waves. Until a tiresome finale, there's a lot to enjoy in this witty, colourful adventure. 2023, PG, 91MIN

ANIMATION

## The Secret Life of Pets

*4pm, Sky Animation* ★★★

Sex ●●● Violence ●●● Language ●●●

This lively animated comedy sees two dogs, cuddly Jack Russell Max (voiced by comedian Louis CK) and lumbering Newfoundland Duke (Eric Stonestreet) having to learn to work together after they end up on the streets, at risk from dogcatchers and an army of sewer-dwelling animals led by a rabble-rousing rabbit revolutionary (a surprisingly good fit for motor-mouth comic Kevin Hart). What follows is basically one frenetic chase, but kids will enjoy all of the amusing slapstick silliness, while pet owners will also find plenty to chuckle at. 2016, U, 88MIN

COMEDY DRAMA

## Inside Llewyn Davis

*10pm, BBC2* ★★★★★

Sex ●●● Violence ●●● Language ●●●

Deftly observed, touchingly melancholy and slyly funny, Joel and Ethan Coen's comedy drama about talented but prickly musician Llewyn (Oscar Isaac) trying to make it on the folk scene in wintry 1961 New York is surprisingly affecting given the stubbornly independent and wilfully self-sabotaging nature of its protagonist. Justin Timberlake, Carey Mulligan (as Llewyn's furiously sour, vitriol-spitting former lover), Adam Driver and John Goodman lend super support, but it is a stray ginger cat whose fate becomes entwined with the hero that is the film's real scene-stealer. 2013, 15, 105MIN

DRAMA

## How to Have Sex

*11pm, C4* ★★★★

Sex ●●● Violence ●●● Language ●●●

Best friends Enva Lewis, Lara Peake and Mia McKenna-Bruce head off for a Mediterranean getaway in this vividly shot, sharp-eyed, female-orientated drama that explores the pitfalls as well as the pleasures of teen-holiday hook-ups. Shaun Thomas and Samuel Bottomley are the northern likely lads who the girls meet, forming cracks in the friendship, while Mckenna-Bruce finds herself swept into a night or two of bad choices and tough truths. 2023, 15, 91MIN

■ Full listings start on **p45**

Weekday movies over page

# Films Weekday movies

## Monday 10 August

ANIMATION

### Dog Man

*5.35pm, Sky Animation* ★★★★

Sex ●●● Violence ●●● Language ●●●

**With its inventive,** frenetic style, non-stop gags and all-round silliness, this animation is a delight. When a smart police dog's head is put on top of his cop buddy's body, he becomes a supercop (his barks voiced by director Peter Hastings), easily nabbing bad puss villain Petey (Pete Davidson). So the cunning cat decides to clone himself to share the criminal load, with unexpected results. Not just for the kids, this utterly daft hoot has enough cheek and humour to delight the whole family. 2025, PG, 89MIN

Paw patrol: Dog Man and co

ACTION COMEDY

### Novocaine

*8.35am & 2.35am, Sky Action* ★★★

Sex ●●● Violence ●●● Language ●●●

Mild-mannered deputy bank manager Nate (Jack Quaid) lives a careful life because he's unable to feel pain. But things change when colleague Sherry (Amber Midthunder) brings him out of his shell. Then she's kidnapped and he sets off to rescue her, taking some eye-wateringly hard and hilarious knocks along the way. Quaid's a charmer in a pacy film that makes the most of its fun premise. 2024, 15, 109MIN

ADVENTURE

### The Scorpion King

*2.30pm, Sky Action* ★★★★

Sex ●●● Violence ●●● Language ●●●

Set in the Ancient Middle East, this rip-roaring yarn takes Dwayne (then The Rock) Johnson's cameo from *The Mummy Returns*, blows it up and turns him into a hero. The action is nicely leavened with humour ('There's no greater city than Gomorrah – except maybe Sodom!') and the star oozes charisma. Steven Brand is the baddie he battles while also wooing Kelly Hu, and Bernard Hill supplies the anachronistic gunpowder. 2002, 12, 91MIN

ROMCOM

### Bridget Jones's Baby

*10.40pm, BBC1 (11.10pm N Ireland)* ★★★

Sex ●●● Violence ●●● Language ●●●

Back for her third turn as Helen Fielding's Bridget Jones, Renée Zellweger is as funny as ever as she wrestles with a new predicament: pregnancy. But she doesn't know whether Patrick Dempsey's American billionaire Jack or Colin Firth's uptight Mark is the dad... It's a thin plot, but director Sharon Maguire makes the most of the gags in a screenplay written by Fielding, Dan Mazer and Emma Thompson. 2016, 15, 123MIN

CRIME DRAMA

### Shaft

*11.05pm, BBC2* ★★★★

Sex ●●● Violence ●●● Language ●●●

He's cool, tough-but-sensitive private eye John Shaft (Richard Roundtree) who, with a classic theme song by Isaac Hayes, burst on to the screen for this, the first and best, of a series of three films. Pretty much a formula cop thriller, it's given a fresh impetus by its all-black Harlem setting, the fast-paced action, and being a key part of blaxploitation cinema. 1971, 15, 100MIN

■ Full listings start on p55

## Tuesday 11 August

HORROR

### Lee Cronin's The Mummy

*11.50pm, Sky Sci-Fi/Horror* ★★★★

Sex ●●● Violence ●●● Language ●●●

**Nothing to do** with all those *Mummy* films before it, Lee Cronin's effective, if overlong, shocker is more a reworking of *The Exorcist* with some hokey Egyptian lore thrown in. American 16-year-old Katie (a terrific Natalie Grace) starts behaving demonically after she is freed from a sarcophagus, wrapped in bandages and deeply catatonic, eight years after she was kidnapped while her family (now back home in New Mexico) was living in Egypt. The film serves up plenty of icky shocks and darkly comic scares. 2026, 18, 134MIN

Wrapped up: Natalie

HORROR

### Whistle

*On now, Prime Video* ★★★

Sex ●●● Violence ●●● Language ●●●

**PREMIERE** High-school teens, including Dafne Keen, Sophie Nélisse and Sky Yang, find an ancient Aztec whistle that, once blown, summons your death. Although a predictable tread down horror paths, Corin Hardy's chiller is surprisingly light on its feet, keeping momentum and grisly slayings at a fair pace, as well as Nick Frost and Michelle Fairley giving the cast an upward push. And it has future franchise written all over it. 2025, 15, 100MIN

WHODUNNIT

### See How They Run

*7.05pm, Film4* ★★★★

Sex ●●● Violence ●●● Language ●●●

As Agatha Christie's *The Mousetrap* racks up its 100th performance on stage in 1950s London, the US movie director (Adrien Brody) set to film it is murdered backstage. Likeable copper duo Sam Rockwell and Saoirse Ronan investigate and, as relationship dynamics and backstories come to light in this captivating, chucklesome movie, everyone becomes a suspect, including Ruth Wilson, David Oyelowo and Reece Shearsmith. 2022, 12, 98MIN

THRILLER

### Missing

*9pm, Film4* ★★★

Sex ●●● Violence ●●● Language ●●●

This chilling sort-of follow-up to 2018's *Searching* is told entirely through various screens – mobile, laptop etc. Storm Reid's teen tries to trace mum Nia Long's digital footprint after she fails to return from a weekend away with boyfriend Ken Leung. After the first act settles, the mystery hits its stride, offering a twisty narrative where nobody can be trusted. The finale is melodramatic, but you'll be rooting for the terrific Reid. 2023, 15, 106MIN

SPORT DRAMA

### The Boys in the Boat

*10.40pm, BBC1 (11.10pm N Ireland)* ★★★

Sex ●●● Violence ●●● Language ●●●

Penniless student Joe Ranz (Callum Turner) earns a place on the University of Washington rowing team. And, under gruff coach Al Ulbrickson (Joel Edgerton), the underdogs beat their richer rivals all the way to the 1936 Olympics. On directing duty, George Clooney's film wades through familiar sports movie clichés but will still leave you cheering. 2023, 12, 124MIN

■ Full listings start on p65

## Wednesday

ACTION COMEDY

### One Battle After Another

*8pm, Sky Drama* ★★★★★

Sex ●●● Violence ●●● Language ●●●

**This biting satire** juggles gripping action, moments of farcical comedy and a prescient view of where the US could be heading. At the heart of Paul Thomas Anderson's Oscar-winning film is Leonardo DiCaprio's

First aid: Leonardo and Benicio Del Toro

SCI-FI

### Arrival

*6pm, Sky Sci-Fi/Horror* ★★★★★

Sex ●●● Violence ●●● Language ●●●

This tense, intelligent sci-fi suggests that wonder and humility would be a smarter response than gung-ho bluster if aliens turned up. Dotted about Earth are 12 spacecraft and Amy Adams' linguist is brought to Montana by colonel Forest Whitaker to find out what the visitors want. But she and scientist Jeremy Renner have to race against time, as the world's military has itchy trigger fingers. 2016, 12, 116MIN

FAMILY COMEDY

### Charlie and the Chocolate Factory

*6pm, Sky Family* ★★★★

Sex ●●● Violence ●●● Language ●●●

Director Tim Burton's adaptation of Roald Dahl's classic tale of eccentric chocolate maker Willy Wonka is a tasty confection, coming alive with its colourful, imaginative sets. Johnny Depp is Wonka, guiding five 'lucky' children, including Freddie Highmore's nice boy Charlie, around his factory – and his slightly sinister portrayal shapes the film in a way author Roald Dahl would have loved. 2005, PG, 115MIN

## 12 August

washed-up revolutionary, Bob, who's been living off grid for 16 years, tenderly raising his daughter Willa (Chase Infiniti) alone after his comrades were caught, killed, or went deeper underground. But he needs to get his act together fast when his old enemy, unhinged colonel Steven Lockjaw (Sean Penn), targets Willa. 2025, 15, 162MIN

THRILLER

### Red Eye

*11.30pm, BBC1*
*(12.35am N Ireland)* ★★★★

Sex ●●● Violence ●●● Language ●●●

Rachel McAdams boards a night flight but discovers that the man (Cillian Murphy) sitting next to her is plotting a political assassination – and she is vital to his plan, or her dad (Brian Cox) will die... You could fly a jumbo jet through the holes in the plot, but what this thriller lacks in credibility it makes up for in sheer suspense, which director Wes Craven cranks up until the breathless, white-knuckle climax. 2005, 12, 85MIN

THRILLER

### Kindling

*12.05am, BBC2* ★★★

Sex ●●● Violence ●●● Language ●●●

Terminally ill, George Somner is determined to make his last summer count. Preparing a treasure hunt for his friends, he is sidetracked by Mia McKenna-Bruce, but their budding romance only has so much time left... Inspired by true events, writer-director Connor O'Hara's debut is poignant, with naturalistic performances from its young cast. 2023, 12, 93MIN

■ Full listings start on **p75**

## Thursday 13 August

THRILLER

### Carolina Caroline

*8pm, Sky Thriller* ★★★★

Sex ●●● Violence ●●● Language ●●●

**Samara Weaving's small-town** girl hooks up with conman Kyle Gallner as they grift and rob banks through Texas, Arkansas and South Carolina for the sheer thrill of it. Weaving and Gallner's chemistry is positively tangible, as director Adam Carter Rehmeier gives them space to inhabit their roles and explore their deeply passionate relationship, before it all comes tumbling around their heads. Though it's a familiar plot, it's a beautifully executed journey, with both leads on top form. 2025, 15, 105MIN

Aiming high: Kyle and Samara

ANIMATION

### Madagascar

*2.30pm, Sky Animation* ★★★★

Sex ●●● Violence ●●● Language ●●●

Egotistic lion Alex (voiced by Ben Stiller) likes being the star at his New York zoo, but pals Marty the zebra (Chris Rock), Melman the giraffe (David Schwimmer) and Gloria the hippo (Jada Pinkett Smith) are eager to see the outside. So they escape – but, fetching up in Madagascar, they find life in the wild isn't all it's cracked up to be. This appealing first yarn is packed with gags to appeal to kids and adults. 2005, U, 86MIN

HISTORICAL

### The Woman King

*9pm, Film4* ★★★★

Sex ●●● Violence ●●● Language ●●●

Sneaking up on a village, elite warriors smash into their foes with blood-curdling skill. But the feared Agojie are women, the real-life King's Guard of the 19th-century African kingdom of Dahomey (in present-day Benin). A magisterial Viola Davis uses her considerable gravitas to portray the weighty burdens and dogged leadership of her General Nanisca, the battles are exhilarating and there's considerable emotional heft, too. 2022, 15, 135MIN

SCI-FI

### Mickey 17

*9.50pm, Sky Sci-Fi/Horror* ★★★

Sex ●●● Violence ●●● Language ●●●

A terrific Robert Pattinson is wonderfully funny and surprisingly touching playing multiple clones in this bizarre film. He's Mickey, who signs up for a recklessly stupid space mission led by a narcissistic buffoon (Mark Ruffalo), little realising his worker will be put into deadly jobs then cloned when he dies. But Mickey 17 unexpectedly survives, only to find Mickey 18 has already been created... 2024, 15, 137MIN

HORROR

### Berberian Sound Studio

*2am, Film4* ★★★★

Sex ●●● Violence ●●● Language ●●●

Director Peter Strickland's moody thriller is set in a post-production studio in 1976 Rome. Toby Jones plays a shy English sound engineer working on the soundtrack of a grisly horror movie and, as he creates his sonic effects, he finds the film's gruesome violence is taking its toll on his fragile psyche. It's an arty rather than scary film, but is very well done. 2012, 15, 92MIN

■ Full listings start on **p85**

## Friday 14 August

THRILLER

### Mothers' Instinct

*11.10pm, BBC1* ★★★★

Sex ●●● Violence ●●● Language ●●●

**In early-1960s** New York, Anne Hathaway is the poised wife to Josh Charles. The couple and their beloved son are a mirror to the family next door – peroxide Jessica Chastain, her dismissive spouse Anders Danielsen Lie and little boy. The women are besties, but an accident brings resentment, suspicion, jealousy and murderous intent to their doorstep. The stars flutter skilfully between composure and mania in a deft thriller that questions the likes of gaslighting, gender roles and the special cruelty of frenemies. 2023, 15, 94MIN

Hold tight: Anne and Jessica

COMEDY

### Bridesmaids

*8pm, Sky Cinema Comedy* ★★★★

Sex ●●● Violence ●●● Language ●●●

Hysterically funny and heartfelt, this is a great comedy. Co-writer Kristen Wiig also stars as singleton Annie, who goes into a neurotic tailspin when she agrees to be maid of honour at the wedding of best friend Maya Rudolph, then tries to outdo rich bridesmaid Rose Byrne. Chris O'Dowd and Matt Lucas are great in support and Melissa McCarthy hits the bullseye as a fellow bridesmaid. 2011, 15, 125MIN

DRAMA

### On Falling

*11.05pm, BBC2* ★★★

Sex ●●● Violence ●●● Language ●●●

**PREMIERE** Very much in the social realism tradition of Ken Loach's films, writer-director Laura Carreira's drama follows Joana Santos' Portuguese immigrant in Scotland. Kind and meek, she lives a soulless existence of drudgery and isolation between her grim job in a 'fulfilment centre' and her 'home' life in a hostel. Tragic and telling, Carreira's understated movie is deliberately hard to watch but all the more powerful as a result. 2024, 15, 101MIN

ANIMATION

### The Lord of the Rings: The War of the Rohirrim

*11.20pm, Sky Box Set* ★★★★

Sex ●●● Violence ●●● Language ●●●

A footnote from Peter Jackson's *The Lord of the Rings* trilogy and taking place 200 years earlier, this is a terrific looking anime. A headstrong princess (voiced by Gaia Wise) retreats with her people when her father (Brian Cox) unwisely battles a bitter upstart (Luke Pasqualino). A fine, rugged story, leaning into themes such as honour, family, the cost of war and the futility of revenge. 2024, 12, 134MIN

HORROR

### The Invitation

*11.40pm, Film4* ★★★

Sex ●●● Violence ●●● Language ●●●

Broke New Yorker Nathalie Emmanuel discovers that she's related to some seriously posh folk in England, and is invited to a wedding by charmer Hugh Skinner to meet her new-found family. When she arrives, she's swept off her feet by dashing lord Thomas Doherty but, of course, all's not what it seems... Emmanuel makes for a fine lead in this polished, dumb but fun chiller. 2022, 15, 105MIN

■ Full listings start on **p95**

# Sport week

Your **ultimate guide** to th e wee

## **Keely Hodgkinson** leads the way as Team GB target gold in Birmingham

**LIVE ATHLETICS**

*From Monday, BBC1, BBC2, BBC iPlayer, TNT Sports & HBO Max*

**The UK stages** the European Athletics Championships for the first time when the continent's best athletes gather at Birmingham's Alexander Stadium for seven days of track-and-field action.

The BBC coverage is led by Jeanette Kwakye and Gabby Logan as the 98-strong Team GB aims to better our 13-medal haul in Rome two years ago, when Dina Asher-Smith, Keely Hodgkinson and the women's 4x100m team were among our gold-medallists.

Here's our day-by-day guide to this week's highlights...

# European Athletics Championships

### ▶ MONDAY

The first track gold will be awarded in the men's 5,000m, which pits Sweden's European record holder Andreas Almgren against the legendary Jakob Ingebrigtsen (below). The Norwegian has won the 1,500m/5,000m double at the last three European Championships, but is returning after injury. Dina Asher-Smith is the defending champion in the women's 100m and takes on British champion Amy Hunt and Luxembourg's Patrizia van der Weken.

***Women's shot put; men's shot put; men's 5,000m; mixed 4x400m relay; women's 100m***

### ▶ TUESDAY

British men's 100m champion Romell Glave faces a stern test when he comes up against Italy's two-time champion and 2020 Olympic gold medallist Marcell Jacobs, the fastest man in the world this year. Greece's Miltiádis Tentóglou (above) is targeting a fourth successive title in the men's long jump.

***Men's hammer; women's 5,000m; men's long jump; women's 100m hurdles; men's 100m***

### ▶ WEDNESDAY

European record holder, Olympic silver medallist and local boy Matthew Hudson-Smith (below) will receive a hero's welcome at the Alexander Stadium where one of the stands has been renamed in his honour. He's won European gold twice in the men's 400m before, in 2018 and 2022. Can he beat France's in-form Samuel Vessat?

***Women's hammer; men's 400m; women's 400m hurdles; decathlon day one; men's 110m hurdles***

### ▶ THURSDAY

Team GB's Ben Patterson and Max Burgin will both have medal hopes in the men's 800m where they'll come up against Ireland's Mark English and France's defending champion Gabriel Tual. In the women's 200m, Amy Hunt (above) has her sights on another medal after claiming world silver in 2025.

***Women's triple jump; women's pole vault; women's 3,000m steeplechase; men's discus; decathlon day two; men's 800m; women's 200m***

WORDS: SEAN MARLAND, RICHARD MCCLURE. PHOTOS: GETTY

John McGinn lifted the trophy when Aston Villa won the Europa League

LIVE FOOTBALL

## Super Cup

*Wednesday, kick-off 8pm, TNT Sports 1 & HBO Max*

**The annual contest** between the winners of the previous season's Champions League and Europa League features an intriguing clash between Paris Saint-Germain and Aston Villa in Salzburg. Unai Emery's men, who ended a 44-year wait for a European trophy by winning the Europa League in May, have lost key players in Morgan Rogers and Youri Tielemans over the summer, but will hope new signings João Gomes and Johan Manzambi hit the ground running. With France World Cup stars such as Ousmane Dembélé and Désiré Doué in their attack, Luis Enrique's holders start as favourites, but if Villa do prevail, it will be the club's second Super Cup win, following victory over Barcelona in 1982.

PSG star Ousmane Dembélé

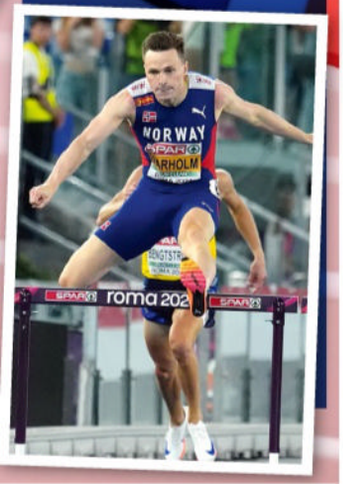
Keely Hodgkinson

# THE MAIN EVENT

## FRIDAY

Olympic 800m champion Keely Hodgkinson won European gold two years ago, and defends her title against teammate Jemma Reekie, the Netherlands' Femke Broeders-Bol and Switzerland's Audrey Werro. World record holder and three-times European champion Karsten Warholm of Norway (below) is clear favourite in the men's 400m hurdles.

***Women's 10,000m; men's high jump; women's discus; men's 400m hurdles; men's 200m; women's 800m; heptathlon day one***



Marc Márquez

LIVE MOTORCYCLING

## MotoGP: Grand Prix of Britain

*Sun, race starts 1pm, TNT Sports 2*

**At the halfway** point of the season, Silverstone is the venue as the World Championship roars back from a four-week break. Defending champion Marc Márquez's victory in Germany's Sachsenring Grand Prix saw the Ducati rider make up ground at the top of the standings as he closes in on Aprilia's Jorge Martín and Trackhouse's Ai Ogura. Marco Bezzecchi won at Silverstone last year, but is racing to be fit again after breaking his collarbone in Germany.

Wolverhampton Wanderers' Raúl Jiménez

LIVE FOOTBALL

## New Championship season

*Friday, kick-off 8pm, Sky Sports Football & Sky Sports Main Event*

**The Championship returns** on Friday when Wolves host Blackburn Rovers, and there's a change to the format this season with the expansion of the play-offs from four teams to six. Wolves are back in the second tier following an eight-year spell in the Premier League and new Portuguese coach César Peixoto will be pinning his hopes on re-signed Mexico striker Raúl Jiménez, who netted against England at the World Cup, and former Three Lions star Kieran Trippier, who had come to the end of his contract at Newcastle. Rovers, meanwhile, have brought in manager Tony Mowbray for a second stint at the club after a disappointing 20th-place finish.

Wu Yize of China

LIVE SNOOKER

## Chinese Open

*From Saturday, TNT Sports 1*

**As the sport** continues to take China by storm, the tournament returns to the World Snooker Tour calendar following an absence of seven years when top stars, including home favourite and reigning world champion Wu Yize, face off at the Riverside Sports Centre in the city of Taiyuan. Last month, Welsh player Jak Jones ended his 16-year wait for a title by winning the first ranking event of the season, the Championship League.

**Sport A-Z and football planner »»**

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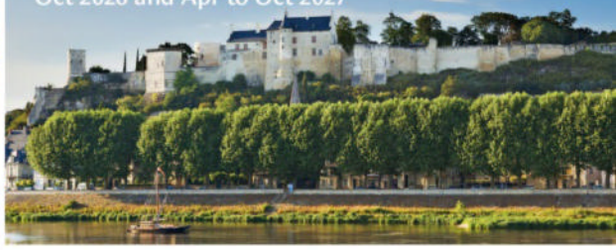

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# Sport week A-Z GUIDE

## ATHLETICS

**LIVE European Championships**
*Mon & Tue 10.30am & 8pm BBC1, 10.30am & 7pm TNT Sports 3, 7pm BBC2*
Days one and two from Alexander Stadium in Birmingham. See p28.

**LIVE European Championships**
*Wed-Fri 10.30am & 8pm BBC1, 7pm BBC2; Wed 10.30am & 7pm, Thu 10.30am & 6.30pm, Fri 10.30am & 7.30pm TNT Sports 3; Fri 7.30pm TNT Sports 1*
Days three to five in Birmingham.

## AUSTRALIAN RULES

**LIVE Sydney Swans v Port Adelaide Power**
*Sat 7am TNT Sports 4*

**LIVE Geelong Cats v Essendon Bombers**
*Sat 7.30am TNT Sports 3*

**LIVE Adelaide Crows v Richmond Tigers**
*Sat 10.30am TNT Sports 1*

**LIVE GWS Giants v Gold Coast Suns**
*Sat 4am TNT Sports 1*

**LIVE West Coast Eagles v Collingwood Magpies**
*Sun 7am TNT Sports 3*

**LIVE St Kilda v Carlton**
*Sun 7.30am TNT Sports 4*

**LIVE St Kilda v Carlton**
*Sun 10am TNT Sports 4*

**LIVE Hawthorn v Melbourne**
*Thu 10am TNT Sports 4*

**LIVE AFL**
*Thu 10.30am, Fri 10.30am & 4.30am TNT Sports 2; Fri 4am TNT Sports 1*

**LIVE Gold Coast Suns v Western Bulldogs**
*Fri 4.45am TNT Sports 3*

## BASEBALL

**LIVE New York Yankees v Atlanta Braves**
*Sat 8pm TNT Sports 2*

**LIVE San Diego Padres v Houston Astros**
*Sat 12.15am TNT Sports 3*

**LIVE New York Yankees v Atlanta Braves**
*Sun 6.30pm TNT Sports 3*

**LIVE Arizona Diamondbacks v Los Angeles Dodgers**
*Sun 9pm TNT Sports 1*

**LIVE San Diego Padres v Houston Astros**
*Sun 1.15am TNT Sports 1*

**Baseball**
Houston Astros' Yordan Álvarez has been scoring home runs for fun, and this week the Astros face San Diego Padres

**LIVE Atlanta Braves v New York Mets**
*Mon 12.15am TNT Sports 1*

**LIVE New York Yankees v Seattle Mariners**
*Tue 12m't TNT Sports 1*

**LIVE St Louis Cardinals v Philadelphia Phillies**
*Wed 7.15pm TNT Sports 2*
The MLB National League match.

**LIVE New York Yankees v Seattle Mariners**
*Wed 12m't TNT Sports 1*

**LIVE New York Yankees v Seattle Mariners**
*Thu 6.30pm TNT Sports 1*
The MLB American League game.

**LIVE Atlanta Braves v Arizona Diamondbacks**
*Fri 12.15am TNT Sports 1*

## BASKETBALL

**LIVE Minnesota Lynx v Dallas Wings**
*Sun 8.30pm Sky Sports Action*

**LIVE Atlanta Dream v Toronto Tempo**
*Mon 1am Sky Sports Action*

**LIVE Seattle Storm v Chicago Sky**
*Mon 3am Sky Sports Mix & 3.30am Sky Sports Action*

**LIVE Dallas Wings v Toronto Tempo**
*Wed 1am Sky Sports Action*

**LIVE Golden State Valkyries v Chicago Sky**
*Wed 3am Sky Sports Action*

## BOXING

**LIVE Aaron McKenna v Etinosa Oliha**
*Sat 7pm Sky Sports Action, Sky One & Sky Mix, 7.45pm Sky Sports Main Event*
The middleweight title bout at 3Arena.

**LIVE Cherneka Johnson v Dina Thorslund**
*Sat 3am Sky Sports Action & 4am Sky Sports Main Event*
The bantamweight title bout at Caribe Royale Resort in Orlando.

## COMBAT SPORTS

**LIVE Fight Night Prelims**
*Sat 8pm TNT Sports 1*

**LIVE Mateusz Gamrot v Quillan Salkilld**
*Sat 10pm TNT Sports 1*
The UFC lightweight bout.

**LIVE One Fight Night 46**
*Fri 2am Sky Sports Action*

## CRICKET

**LIVE MI London Women v Trent Rockets Women**
*Sat 10.45am Sky Sports Cricket & 11am Sky Sports Main Event (play starts 11am)* The Hundred match from Kia Oval in London.

**LIVE MI London Men v Trent Rockets Men**
*Sat 2pm Sky Sports Cricket & Sky One (play starts 2.30pm)*
The Hundred game from Kia Oval.

**LIVE Southern Brave Women v Manchester Super Giants Women**
*Sat 2.25pm Sky Sports Mix (play starts 2.30pm)* The Hundred fixture at Utilita Bowl, Southampton.

**LIVE Southern Brave Men v Manchester Super Giants Men**
*Sat 5.30pm Sky Sports Cricket (play starts 6pm)* The Hundred match at Utilita Bowl, Southampton.

**LIVE St Kitts & Nevis Patriots v Trinbago Knight Riders**
*Sat 11.30pm TNT Sports 2*

**LIVE SunRisers Leeds Women v Welsh Fire Women**
*Sun 10.45am Sky Sports Cricket & Sky One (play starts 11am)*
The Hundred game at Headingley.

**LIVE SunRisers Leeds Men v Welsh Fire Men**
*Sun 2pm Sky Sports Cricket (play starts 2.30pm)* The Hundred match staged at Headingley.

**LIVE London Spirit Women v Birmingham Phoenix Women**
*Sun 2.15pm BBC2, 2.25pm Sky Sports+ & Sky Sports Mix (play starts 2.30pm)* The Hundred match staged at Lord's in London.

**LIVE London Spirit Men v Birmingham Phoenix Men**
*Sun 5.30pm Sky Sports Cricket & Sky Sports Mix, 6pm BBC2 & 6.30pm Sky Sports Main Event (play starts 6pm)* Hundred match.

**LIVE Antigua & Barbuda Falcons v Saint Lucia Kings**
*Sun 11.30pm TNT Sports 2*

**LIVE Trent Rockets Women v Southern Brave Women**
*Mon 2.45pm Sky Sports Cricket & 3pm Sky Sports Main Event (play starts 3pm)* Hundred game.

**LIVE Trent Rockets Men v Southern Brave Men**
*Mon 6pm Sky Sports Main Event & Sky Sports Cricket (play starts 6.30pm)* Hundred fixture.

**LIVE Manchester Super Giants Women v SunRisers Leeds Women**
*Tue 2.45pm Sky Sports Cricket & 3pm Sky Sports Main Event (play starts 3pm)* Hundred match.

**LIVE Manchester Super Giants Men v SunRisers Leeds Men**
*Tue 6pm Sky Sports Main Event & Sky Sports Cricket (play starts 6.30pm)* The Hundred fixture from Emirates Old Trafford.

**LIVE Jamaica Kingsmen v Barbados Tridents**
*Tue 11.30pm TNT Sports 2*

**LIVE Welsh Fire Women v London Spirit Women**
*Wed 11.15am Sky Sports Cricket & 11.30am Sky Sports Main Event (play starts 11.30am)* The Hundred match at Sophia Gardens in Cardiff.

**LIVE Welsh Fire Men v London Spirit Men**
*Wed 2.30pm Sky Sports Main Event & Sky Sports Cricket (play starts 3pm)* Hundred fixture.

**LIVE Birmingham Phoenix Women v MI London Women**
*Wed 2.55pm Sky Sports+ & Sky Sports Mix (play starts 3pm)*
The Hundred match at Edgbaston.

**LIVE Birmingham Phoenix Men v MI London Men**
*Wed 6pm Sky Sports Main Event & Sky Sports Cricket (play starts 6.30pm)* The Hundred match at Edgbaston, Birmingham.

**LIVE Saint Lucia Kings v St Kitts & Nevis Patriots**
*Wed 11.30pm TNT Sports 2*

**LIVE Jamaica Kingsmen v Guyana Amazon Warriors**
*Thu 11.30pm TNT Sports 1*

**LIVE The Hundred women's eliminator**
*Fri 2pm Sky Sports Main Event & Sky Sports Cricket (play starts 2.15pm)*

**LIVE The Hundred men's eliminator**
*Fri 5.30pm Sky Sports Main Event & Sky Sports Cricket (play starts 6pm)*

**LIVE Saint Lucia Kings v Antigua & Barbuda Falcons**
*Fri 11.30pm TNT Sports 2*

**LIVE Sri Lanka v India**
*Fri 5.15am TNT Sports 4*
The opening day of the first Test.

## CYCLING

**LIVE Tour of Poland**
*Sat 11.45am & Sun 12.30pm TNT Sports 3*

**LIVE Tour de France Women**
*Sat 2.30pm & Sun 2.45pm TNT Sports 1*
The eighth and ninth stages.

**LIVE Tour of Czechia**
*Thu 2pm & Fri 2.30pm TNT Sports 2*

**LIVE Arctic Race of Norway**
*Thu 3.15pm & Fri 12.30pm TNT Sports 3*

## DARTS

**LIVE World Series of Darts**
*Fri 8am ITV4*

## EQUESTRIAN

**LIVE Longines Global Champions Tour**
*Sun 3.45pm TNT Sports 3*

## GOLF

**LIVE PIF London Championship**
*Sat & Sun 1pm Sky Sports Golf*
Days three and four in St Albans.

**LIVE LIV Golf**
*Sat 4.30pm TNT Sports 3; Sun 3.30pm TNT Sports 2*
The third and fourth days at Trump National Golf Club Bedminster.

**LIVE Wyndham Championship**
*Sat & Sun 5pm Sky Sports Golf; Sun 9pm Sky Sports Main Event*
Days three and four in North Carolina.

**LIVE Danish Championship**
*Thu 12noon Sky Sports Main Event; Thu & Fri 12noon Sky Sports Golf*
The first and second days at Great Northern in Kerteminde, Funen.

**LIVE St Jude Championship**
*Thu & Fri 12.45pm Sky Sports+ & 5pm Sky Sports Golf; Thu 5pm & 10.15pm Sky Sports Main Event*
Days one and two at TPC Southwind.

**LIVE Swiss Ladies Open**
*Thu & Fri 2.30pm Sky Sports Mix*
The first and second days in Zug.

**LIVE Portland Classic**
*Thu & Fri 11pm Sky Sports Golf*
Days one and two from Oregon.

## HORSE RACING

**LIVE Ascot**
*Sat 1.10pm ITV1*

## MINORITY SPORTS

**LIVE London Premier Padel**
*Sat 12noon & Sun 2pm TNT Sports 4*

## MOTORCYCLING

**LIVE MotoGP**
*Sat 9.30am TNT Sports 2*
The Grand Prix of Britain second free practice and qualifying sessions.

**LIVE The Grand Prix of Britain MotoGP sprint race**
*Sat 3.45pm TNT Sports 2*

**LIVE Speedway Grand Prix**
*Sat 4.45pm TNT Sports 2*

**LIVE MotoGP**
*Sun 9.30am TNT Sports 2 & 10am Quest*
The Grand Prix of Britain warm-up and races at Silverstone. See p29.

**LIVE Swedish Speedway**
*Tue 5.55pm Premier Sports 1*

Sport A-Z and football planner >>>

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# Football planner

## MOTORSPORT

**LIVE Indycar**
*Sat 6pm & 12m't, Sun 6pm & 9pm Sky Sports F1*

**LIVE British Talent Cup**
*Sun 8.30am TNT Sports 2*

**LIVE British Touring Car Championship**
*Sun 10.30am ITV4*

**LIVE Indy NXT**
*Sun 7pm Sky Sports F1*

**LIVE NASCAR**
*Sun 8pm Premier Sports 2*

**LIVE Formula E**
*Fri 4pm TNT Sports 4*

**LIVE Indycar**
*Fri 8pm Sky Sports F1 & Sky Sports Mix*

## POOL

**LIVE Ultimate Pool**
*Mon 6pm TNT Sports 1*

## RUGBY LEAGUE

**LIVE Cronulla-Sutherland Sharks v Gold Coast Titans**
*Sat 6.15am Sky Sports Mix*

**LIVE New Zealand Warriors v Newcastle Knights**
*Sat 8.15am Sky Sports Mix*

**LIVE Dolphins v Brisbane Broncos**
*Sat 8.30am Sky Sports Action & Sky Sports+*

**LIVE South Sydney Rabbitohs v Parramatta Eels**
*Sat 10.35am Sky Sports Action & Sky Sports+*

**LIVE Canberra Raiders v Brisbane Broncos**
*Sat 2.35am Sky Sports Mix*

**LIVE St George Illawarra Dragons v Wests Tigers**
*Sat 4.35am Sky Sports Mix*

**LIVE Sydney Roosters v Parramatta Eels**
*Sun 9.15am Sky Sports Mix*

**LIVE Leeds Rhinos v Leigh Leopards**
*Thu 7.30pm Sky Sports Main Event & Sky Sports Action (kick-off 8pm)* Super League game.

**LIVE Gold Coast Titans v St George Illawarra Dragons**
*Fri 3.45am Sky Sports Mix*

## RUGBY UNION

**LIVE Argentina v South Africa**
*Sat 7.50pm Sky Sports+*

**LIVE Sharks v New Zealand**
*Tue 5.55pm Sky Sports Action & 6pm Sky Sports+*

## SNOOKER

**LIVE Chinese Open**
*Sat & Sun 7am, Mon 7am & 12.30pm TNT Sports 1*
From Taiyuan. See p29.

## TENNIS

**LIVE Canadian Open**
*Sat & Sun 5.30pm, Mon-Wed 9pm, Thu 8.30pm Sky Sports Tennis; Sat 10pm, Sun 5.30pm, Mon-Wed 9pm Sky Sports+; Sat & Sun 12m't, Mon-Thu 11pm Sky Sports Main Event*

**LIVE Cincinnati Open**
*Thu 4pm & 3am, Fri 4pm Sky Sports Tennis; Thu 5pm & Fri 7pm Sky Sports+; Thu 3am & Fri 10.30pm Sky Sports Main Event*

**LIVE EFL CUP**

### West Ham United v Portsmouth

***Saturday, kick-off 3pm, Sky Sports+***

The London Stadium should set a new attendance record for a first-round EFL Cup tie, as the Hammers kick off their season. Captain Jarrod Bowen has committed his future to Nuno Espírito Santo's side after being linked with a move away.

**LIVE FRIENDLY**

### Everton v Newcastle United

***Wednesday, kick-off 5.15pm, Premier Sports 1***

As the sides meet in Edinburgh, Newcastle have been putting their faith in youngsters, signing midfielders Sean Steur from Ajax and Aladji Bamba from Monaco. Both clubs finished last season on 49 points with the Magpies 12th on goal difference.

**LIVE FRIENDLY**

### Manchester United v Leeds United

***Wednesday, kick-off 7.30pm, ITV1 & Premier Sports 1***

Dublin's Croke Park stages its first club football fixture as the sides prepare for the new season. United have brought in Belgium midfielder Youri Tielemans from Aston Villa, while Leeds have recruited forward Harry Wilson from Fulham.

## Saturday 8

**LIVE Cambridge United v Barnet**
*1pm Sky Sports+ (kick-off 1pm)*
The EFL Cup first-round match.

**LIVE QPR v Millwall**
*2pm Sky Sports+ (kick-off 2pm)*
The EFL Cup first-round match.

**LIVE Bayer Leverkusen v Sevilla**
*2.25pm Premier Sports 1 (kick-off 2.30pm)*
Pre-season friendly at BayArena.

**LIVE West Ham United v Portsmouth**
*2.50pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round match staged at The London Stadium, as the two teams get their cup campaigns under way. The hosts are unbeaten in six matches against Portsmouth, a run that stretches back to November 2008. However, it has been over 14 years since these two sides last met, as they faced each other in a Championship match held at Fratton Park.

**LIVE AFC Wimbledon v Newport County**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round match at Cherry Red Records Stadium.

**LIVE Barnsley v Wigan Athletic**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round game.

**LIVE Bradford City v Tranmere Rovers/Rochdale**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round match staged at Valley Parade.

**LIVE Bristol Rovers v Peterborough United**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round fixture.

**LIVE Bromley v Reading**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round match.

**LIVE Burnley v Notts County**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round game.

**LIVE Burton Albion v Blackburn Rovers**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round match staged at Pirelli Stadium.

**LIVE Cardiff City v Swindon Town**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round fixture held at Cardiff City Stadium.

**LIVE Crewe Alexandra v Accrington Stanley**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round match staged at Mornflake Stadium.

**LIVE Derby County v Lincoln City**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round game.

**LIVE Fleetwood Town v Chesterfield**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round match staged at Highbury Stadium.

**LIVE Gillingham v Luton Town**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round fixture held at Priestfield Stadium.

**LIVE Grimsby Town v Blackpool**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round game.

**LIVE Leicester City v Northampton Town**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round match staged at King Power Stadium.

**LIVE Leyton Orient v Oxford United**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round fixture.

**LIVE Norwich City v MK Dons**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round game staged at Carrow Road.

**LIVE Preston North End v Huddersfield Town**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round match.

**LIVE Salford City v Shrewsbury Town**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round game.

**LIVE Sheffield Wednesday v Bolton Wanderers**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round fixture.

**LIVE Stockport County v Doncaster Rovers**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round match staged at Edgeley Park.

**LIVE Stoke City v Oldham Athletic**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round fixture staged at bet365 Stadium.

**LIVE Swansea City v Birmingham City**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round game held at Swansea.com Stadium.

**LIVE Watford v York City/Crawley Town**
*3pm Sky Sports+ (kick-off 3pm)*
The EFL Cup first-round match.

**LIVE Colchester United v Southampton**
*5pm Sky Sports Main Event & Sky Sports Football (kick-off 5.30pm)*
The EFL Cup first-round game at JobServe Community Stadium.

**LIVE Rotherham United v West Bromwich Albion**
*5pm Sky Sports+ (kick-off 5.30pm)*
The EFL Cup first-round fixture from AESSEAL New York Stadium.

**LIVE Denver Summit v Utah Royals FC**
*9pm TNT Sports 4 (kick-off 9pm)*
NWSL match at Centennial Stadium.

## Sunday 9

**LIVE Kilmarnock v Celtic**
*12.30pm Sky Sports Main Event & Sky Sports Football (kick-off 1.30pm)*
The Scottish Premiership match at The BBSP Stadium Rugby Park.

**LIVE Mansfield Town v Sheffield United**
*3.45pm Sky Sports Main Event & Sky Sports Football (kick-off 4pm)*
The EFL Cup first-round match at One Call Stadium. The Stags came out on top in a seven-goal thriller against the Blades in an FA Cup third-round game held at Bramall Lane last season, in which former Sheffield United midfielder Louis Reed scored two of the four goals against his boyhood club, much to the delight of the 5,000 visiting fans.

**LIVE Palmeiras v Internacional**
*7.55pm Premier Sports 1 (kick-off 8pm)*
The Brazilian Serie A match staged at Nubank Parque.

**LIVE Boston Legacy v Portland Thorns**
*9pm TNT Sports 4 (kick-off 9.30pm)*
The NWSL match at Centreville Bank Stadium in Pawtucket.

**LIVE Red Bull Bragantino v Corinthians**
*10.25pm Premier Sports 1 (kick-off 10.30pm)*
The Brazilian Serie A match at Estádio Cícero de Souza Marques.

## Monday 10

**LIVE Plymouth Argyle v Exeter City**
*7pm Sky Sports Football & 7.45pm Sky Sports Main Event (kick-off 8pm)*
The EFL Cup first-round match staged at Home Park. The league match here last season between these teams ended in a 2-2 draw, with the Grecians twice taking the lead through Reece Cole and Jayden Wareham, and Plymouth equalising twice courtesy of Lorent Tolaj and Malachi Boateng, the latter in the 90th minute.

## Wednesday 12

**LIVE Everton v Newcastle United**
*5.10pm Premier Sports 1 (kick-off 5.15pm)*
The pre-season friendly match staged at Murrayfield Stadium in Edinburgh.

**LIVE Manchester United v Leeds United**
*7pm ITV1 & 7.25pm Premier Sports 1 (kick-off 7.30pm)*
The pre-season friendly staged at Croke Park in Dublin.

**LIVE Paris Saint-Germain v Aston Villa**
*7pm TNT Sports 1 (kick-off 8pm)*
The Super Cup match staged at Red Bull Arena in Salzburg, Austria, as the Champions League holders take on Unai Emery's Europa League winners. Villa beat German outfit SC Freiburg 3-0 in the Europa League final in May, while PSG beat Arsenal 4-3 on penalties to win their second successive Champions League title. The French side also faced English opposition in the corresponding match 12 months ago, and once again lifted the trophy following a penalty shootout, on that occasion beating Tottenham Hotspur in Udine, Italy. See p29.

## Friday 14

**LIVE Wolverhampton Wanderers v Blackburn Rovers**
*7pm Sky Sports Football & 7.15pm Sky Sports Main Event (kick-off 8pm)*
The opening match of the Championship campaign staged at Molineux. Wolves are looking for an immediate return to the Premier League after finishing bottom of the Premier League last term, while Blackburn will be expecting to improve on last season's disappointing campaign. See p29.

**LIVE Monza v Avellino**
*7.40pm Premier Sports 2 (kick-off 7.45pm)*
The Coppa Italia first-round match staged at Stadio Brianteo.

**LIVE Gotham FC v Kansas City Current**
*1am TNT Sports 3 (kick-off 1am)*
The NWSL match from Sports Illustrated Stadium in New Jersey.

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# Saturday

8 August

## Planner

### EFL Cup: 1st Round

***FOOTBALL** Sky Sports*

The opening weekend of the competition continues with a choice of 3pm matches available on Sky Sports+ before the feature match of League Two club Colchester United hosting the Championship's Southampton (Sky Sports Main Event & Sky Sports Football, kick-off 5.30pm).

### Elvis, the Colonel and the Mob

***DOCUMENTARY** C4, 10pm & 11pm*

Two-part documentary examining how the King of Rock 'n' Roll and his notoriously controlling manager, Colonel Tom Parker, became entangled with Las Vegas organized crime during the singer's residency years.

### Paul Heaton at the BBC

***MUSIC** BBC2, 8.35pm*

The former Housemartins and Beautiful South singer is celebrated with a selection of performances from the BBC archives, including his appearance at Glastonbury in 2024 alongside his ex-bandmate Norman 'Fatboy Slim' Cook.

### Bettany Hughes' Lost Worlds: Dawn of Civilisations

***DOCUMENTARY** C4, 8pm*

The historian sets off on an epic journey across Türkiye, once ancient Anatolia – a region experts agree holds the secrets to the very birth of civilisation, from religion to agriculture and trade.

Saturday

| SKY | EVENING TIME | 7.00PM | 7.30PM | 8.00PM | 8.30PM | 9.00PM | 9.30PM | 10.00PM | 10.30PM |
|---|---|---|---|---|---|---|---|---|---|
| FAVOURITES | 101 BBC1 | ‹ 6.55 Alan Carr's Picture... | 7.40 Michael McIntyre's Big Show | 8.35 Pointless Celebrities | | 9.25 How Are You? It's... | | 10.00 News | 10.20 Film: Bridget Jones's... |
| | 102 BBC2 | ‹ 5.35 Film: Superman II | 7.35 Space Soundtracks at the Proms | 8.35 Paul Heaton at the BBC | | | | 10.10 Paul Heaton: at Bramall Lane... | |
| | 103 ITV1 | 7.00 Deal or No Deal: Celebrity Special | | 8.00 Film: Quantum of Solace | | | | | 10.20 The Staircase |
| | 104 CHANNEL 4 | 7.00 Sandi Toksvig's Hidden Wonders | | 8.00 Bettany Hughes' Lost Worlds: Dawn... | | 9.00 Dictator: The Hitler Interviews | | 10.00 Elvis, the Colonel and the Mob | |
| | 105 5 | 7.00 Sussex: Jewel of the South Coast | | 8.00 The Middletons: The Making of a Modern Queen | | | 9.30 Kate: Our New Diana? | | 10.30 Diana & the... |
| | 106 SKY ONE | 7.00 Zuffa Boxing – Live: Aaron McKenna v Etinosa Oliha | | | | | | | |
| ENTERTAINMENT | 115 BBC3 | 7.00 Film: Puss in Boots | | 8.20 Not Going Out | | | | 9.50 Mrs Brown's Boys New Year Special | |
| | 116 BBC4 | | 7.05 Life on Earth | 8.00 Gloria: My Life on TV | | 9.15 Doris Day: Pebble Mill... | | 9.55 Wogan with... | 10.25 The Val Doonican... |
| | 118 ITV2 | ‹ 6.45 Film: Miss Congeniality | | | | 9.00 Film: John Wick: Chapter 2 | | | |
| | 136 MORE4 | ‹ 6.55 Four in a Bed | | | | 9.00 24 Hours in A&E | | | |
| | 135 E4 | | 7.15 Film: The Simpsons Movie | | | 9.00 Celebrity Gogglebox | | 10.00 Gogglebox | |
| | 107 SKY WITNESS | 7.00 Nothing to Declare | | 8.00 Caught on Dashcam | | 9.00 Blue Bloods | | 10.00 Fire Country | |
| | 108 SKY ATLANTIC | ‹ 6.30 House of the Dragon | | | | 9.00 Possession | | | |
| | 110 U&GOLD | 7.00 Joe & David's Magical Sitcom Tour | | 8.00 Porridge | | | 9.20 The Fast Show | | |
| | 111 U&DAVE | 7.00 Gavin & Stacey | | | | 9.00 QI | | | 10.20 Not Going Out |
| | 119 ITV3 | ‹ 6.20 Midsomer Murders | | | | | | | 10.15 Vera |
| | 120 ITV4 | ‹ 5.30 Sharpe | | | | | | 10.00 EFL Carabao Cup Highlights | |
| | 112 COMEDY CENTRAL | ‹ 6.45 Friends | | | | 9.00 Film: The Rock | | | |
| | 145 SKY SCI-FI | 7.00 Star Trek: Voyager | | | | 9.00 Stargate Universe | | | |
| | 143 U&DRAMA | 7.00 The Brokenwood Mysteries | | | | 9.00 Wallander | | | |
| | 109 U&ALIBI | 7.00 Death in Paradise | | 8.00 Father Brown | | 9.00 Death in Paradise | | 10.00 Father Brown | |
| | 122 SKY ARTS | ‹ 6.20 Queen... | 7.30 Queen: Live at Wembley Stadium | | | | | 9.55 Queen: Greatest Video Hits 1 | |
| | 132 U&W | 7.00 Ambulance Australia | | | | 9.00 Gavin & Stacey | | | |
| DOCUMENTARY | 125 DISCOVERY | 7.00 The Woodland Workshop | | 8.00 Invasion of the Mega Sharks | | 9.00 K-Pop Shark Heroes | | 10.00 My Strange Shark Addiction | |
| | 162 ANIMAL PLANET | 7.00 How Do Animals Do That? | | 8.00 Extinct or Alive | | 9.00 Alaskan Bush People: Bushcraft... | | 10.00 Tanked | |
| | 129 NAT GEO | 7.00 Destruction Decoded | | 8.00 Car S.O.S. | | | | 10.00 Mega Marine Machines | |
| | 123 SKY HISTORY | 7.00 Britain's Most Historic Towns | | | | 9.00 Mysteries Unearthed with Danny Trejo | | | |
| | 155 U&YESTERDAY | 7.00 Bangers & Cash: Restoring Classics | | | | 9.00 Bangers & Cash | | | |
| | 114 SKY DOCS | 7.00 Spitfire | | | | 9.00 The Essex Murders | | | |

‹ Denotes programmes starting before 7.00pm  † Regions vary

# SATURDAY

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Saturday

## BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen Best Bites** New edition Bob Mortimer faces his food heaven or hell. (S)
11.30 **Anna Haugh's Big Irish Food Tour** Laura Whitmore and Anna visit an urban farm in Wicklow. (S)(R)
12.00 NOON **Homes Under the Hammer** Featuring properties in Plymouth, Staffordshire and Suffolk. (S)(R)
1.00 PM **BBC News** (S)
1.15 **Bargain Hunt** (S)(R)(AD)
2.15 **Money for Nothing** (S)(R)
3.15 **Escape to the Country** From south west Wales. (S)(R)(AD)
4.15 FILM **Night at the Museum: Secret of the Tomb** Fantasy comedy sequel starring Ben Stiller, Robin Williams and Owen Wilson. (S)(AD) (2014, PG, 95min) ★★★
5.50 **BBC News** (S)

6.10 The Hit List Celebrity Special

6 PM
6.00 **Local News** (S)
6.10 **The Hit List Celebrity Special** New edition 3/9. Contestants include Sara Pascoe, Rhys James, Jack P Shepherd and Chris Hughes. (S)
6.55 **Alan Carr's Picture Slam** New edition 4/9. Contestants from Coventry, London and Glasgow have to identify a board full of images, with a chance of winning up to £10,000. (S)

7 PM
7.40 **Michael McIntyre's Big Show** Josh Widdicombe plays the Midnight Gameshow, and Justin Hawkins is the Unexpected Star Star of the Show. (S)(R)

8 PM
8.35 **Pointless Celebrities** Charlene White, Fern Britton, Chloe Madeley, James Haskell, Crystelle Pereira, Kwoklyn Wan, Phil Wang and Pierre Novellie compete for charity. (S)(R)

9 PM
9.25 **How Are You? It's Alan (Partridge)** 5/6. A newly single Alan throws himself into new experiences. (S1) (S)(R)(AD)

10 PM
10.00 **BBC News** (S)
10.20 FILM **Bridget Jones's Diary** Romantic comedy based on the best-selling novel by Helen Fielding, starring Renée Zellweger, Colin Firth and Hugh Grant. A thirtysomething woman finds herself torn between her charming but untrustworthy boss and a seemingly aloof lawyer. (S)(AD) (2001, 15, 90min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.50 FILM **Man Up** Romantic comedy with Lake Bell and Simon Pegg. (S) (2015, 15, 85min) ★★★★
1.15 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.20 **to 6.00** AM **BBC News** (S)

## BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Children's Programmes**
9.15 **Gardeners' World** (S)(R)
10.15 FILM **Angels One Five** Wartime drama starring Jack Hawkins. (S) (1951, b/w, U, 95min) ★★
11.50 **The Great British Sewing Bee** 4/10. Mexican textiles. (S)(R)(AD)
12.50 PM **A Cook Abroad: Monica Galetti's France** (S)(R)(AD)
1.50 FILM **Summer Holiday** Musical adventure starring Cliff Richard. (S) (1962, U, 105min) ★★★
3.35 **Fake or Fortune?** 4/4. Potential works by Lucian Freud. (S)(R)(AD)
4.35 **Evolution** 4/5. Chris Packham studies dolphins to find answers to how intelligence evolved. (S)(R)(AD)
5.35 FILM **Superman II** Fantasy adventure sequel with Christopher Reeve and Gene Hackman. (S) (1980, PG, 120min) ★★★

7.35 Space Soundtracks at the Proms

6 PM
FILM **Superman II** (film started at 5.35pm)
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

7 PM
7.35 NEW **Space Soundtracks at the Proms** Nick Mohammed celebrates music that has transformed people's view of the universe, including Richard Strauss's *Also sprach Zarathustra,* Gustav Holst's *The Planets*, and John Williams' scores for *Star Wars* and *E.T. the Extra-Terrestrial.* (S)

8 PM
8.35 NEW **Paul Heaton at the BBC** Archive appearances by the former Housemartins and Beautiful South frontman, with the singer-songwriter himself explaining the context and back stories behind some of his best-loved hits. (S)

9 PM

10 PM
10.10 NEW **Paul Heaton: Live at Bramall Lane** The singer-songwriter returns to Sheffield for a 2025 concert at Bramall Lane, delivering a career-spanning set featuring hits by The Housemartins and The Beautiful South. (S)
11.35 **The Housemartins in London 0 Hull 4** A 1987 documentary about the band's rise to fame. (S)(R)
12.20 AM NEW **Top of the Pops: The Beautiful South** A selection of performances by the band. (S)
12.50 FILM **Fallen Leaves** Finnish romantic comedy with Alma Pöysti. Subtitled. (2023, 12, 75min) ★★★★
2.05 **Sign Zone: The Rapture** (S)(R)
3.05 **to 6.20** AM **Previews** (S)

## ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's American Adventure** Santa Monica. (S)(R)
7.00 FILM **The Man with the Golden Gun** James Bond adventure starring Roger Moore. (S)(AD) (1974, PG, 145min) ★★
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** With Guy Martin. (S)(R)
12.00 NOON **Prue Leith's Cotswold Kitchen** With Sandi Toksvig. (S)(R)
1.00 PM **ITV News** (S)
1.10 LIVE **Racing** The Shergar Cup from Ascot. Plus, action from Haydock and Newmarket. (S)
5.00 **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
5.30 **The Chase Celebrity Special** Richard Bacon, Daisy Arwen Campbell, Neil Jones and Gary Wilmot compete for charity. (S)(R)

7.00 Deal or No Deal: Celebrity...

6 PM
6.30 **ITV News** (S)
6.45 **Local News** (S)

7 PM
7.00 **Deal or No Deal: Celebrity Special** New edition Stephen Mulhern hosts a special edition of the game show as TV favourites Adam and Ryan Thomas go up against The Banker. (S)(AD)

8 PM
8.00 FILM **Quantum of Solace** James Bond action thriller starring Daniel Craig as Ian Fleming's celebrated secret agent. James Bond embarks on a mission of revenge against the shadowy international crime organisation that caused his lover's death. With Olga Kurylenko, Mathieu Amalric and Judi Dench. (S)(AD) (2008, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

9 PM

10 PM
10.05 **ITV News** (S)
10.20 **The Staircase** New episode *Common Sense:* 4/8. In 2003, the Petersons' eldest son Clayton returns home and makes a critical discovery. *Previously shown on Sky Atlantic.* (S1) (S)(AD)
■ Entire series on ITVX
11.35 **Sorry, I Didn't Know** With Ria Hebden, Matt Richardson, Desiree Burch and Shazia Mirza. (S)(R)
12.10 AM **Teleshopping**
3.00 **Cold Case Forensics: A Death on the Nile** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.00 **to 6.00** AM **Fern Britton: Inside the Vet's** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

## CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.10 AM **Cheers** 11-14/22. (S1) (S)(R)
8.00 **Everybody Loves Raymond** (S)(R)
9.25 **Frasier** 20-22/24. (S4) (S)(R)(AD)
10.55 **The Simpsons** (S)(R)(AD)
12.55 PM **Four in a Bed** Five editions of the B&B challenge. (S)(R)
3.30 **The Dog House** Adopted sisters Niamh and Holly consider adopting leggy lurcher Skye. (S)(R)(AD)
4.30 **Kirstie and Phil's Love It or List It** Phil Spencer and Kirstie Allsopp help Lexie and Ed from Nottingham decide whether to renovate their four-bedroon house or sell it and move elsewhere. (S)(R)(AD)
5.35 **Grand Designs** Recently widowed 82-year-old Kathryn plans to build a new, accessible, ultra-sustainable home right next door to the home she lived in with her late husband Jon. (S)(R)(AD)

7.00 Sandi Toksvig's Hidden Wonders

6 PM
6.30 **News** (S)

7 PM
7.00 NEW TO C4 **Sandi Toksvig's Hidden Wonders** 1/4. Sandi rediscovers her love of archaeology, more than 40 years after earning her degree in the subject. *Previously shown on More4.* (S)(AD)

8 PM
8.00 NEW SERIES **Bettany Hughes' Lost Worlds: Dawn of Civilisations** 1/2. The historian travels across Türkiye to uncover the origins of civilisation itself. (S)(AD)

9 PM
9.00 **Dictator: The Hitler Interviews** New edition 2/3. Personal testimonies of friends and contemporaries of Hitler, who recall how tyranny took hold in Germany in the 1930s. (S)(AD)

10 PM
10.00 NEW SERIES **Elvis, the Colonel and the Mob** 1/2. Documentary about how Elvis Presley and his manager got mixed up in organised crime. *See feature, page 20.* (S)(AD)
11.05 **Elvis, the Colonel and the Mob** Series finale 2/2. In the late 1960s, Colonel Tom Parker plans a comeback in Las Vegas. (S)(AD)
12.10 AM FILM **The Contractor** Action thriller starring Chris Pine. (S)(AD) (2022, 15, 105min) ★★★
1.55 **Ramy** New episode 9/10. (S)
2.30 Series finale 10/10. (S3) (S)
3.10 **Ramsay's Hotel Hell** (S)(R)(AD)
4.05 **Location, Location, Location** (R)
5.00 **to 5.50** AM **The Simpsons** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

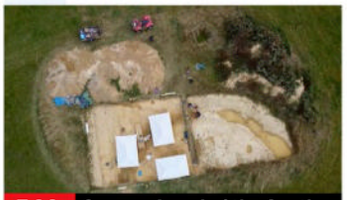


(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

## 5

105 105 | 105 | 5 | 105 | 105 | 5

**5.35** AM **Milkshake!**
**9.05** **Entertainment News** (S)
**9.10** **Secrets of the Royal Palaces** Double bill of editions. (S)(R)
**11.00** **Yorkshire's Poshest Hotel: Grantley Hall** Double bill. (S)(R)
**1.00** PM **The Royals: Uncensored** New edition Debate and insider analysis on the Royal Family. (S)
**2.00** **Coastal Adventures with Helen, Jules & JB** Exploring the UK's coastline. (S)(R)(AD) **3.00** JB Gill traces the journey of Norfolk-grown mustard from farm to factory. (S)(R)(AD)
**4.00** LIVE **UK's Strongest Man** Coverage of this year's semi-final at Braehead Arena, Glasgow, featuring disciplines including the bar bend, Titanic compass and sack throw. (S)



**7.00** Sussex: Jewel of the South...

**6.55** **News** (S)

**7.00** **Sussex: Jewel of the South Coast** New edition 3/5. A look at the discovery of a Bronze Age settlement near Hastings, and a visit to a pioneer who started the English wine revolution. (S)

**8.00** **The Middletons: The Making of a Modern Queen** Following the Middleton family's journey from humble beginnings to their profound influence on the monarchy, and their positive role in raising their daughter Kate for her future role. (S)(R)

**9.30** **Kate: Our New Diana?** Documentary comparing and contrasting the life and style of two Princesses of Wales – Diana, who died in 1997, and Kate, who eventually took on her title. (S)(R)

**10.30** **Diana & the Curse of the Spencers** Documentary examining the difficult upbringing of Diana, Princess of Wales. (S)(R)

**12.00** M'T **We Love Bridget Jones: All the Laughter & More** (S)(R)
**1.20** AM **Teleshopping** (S)
**2.20** **GPs: Behind Closed Doors** (R)
**3.10** **Around the World in First Class with Josie Gibson** (S)(R)
**4.05** **Friends** (S1) (S)(R)(AD)
**4.30** **Yorkshire with Jane McDonald** (S)(SL)(R)
**5.25** **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

## SKY ONE

106 106 | 109 | 346 | 361

**6.00** AM **Hawaii Five-0** (S7) (S)(R)
**8.00** **La Brea** (S2) (S)(R)(AD)
**10.00** **Animal Control** New episodes 6-8/12. Triple bill. (S4) (S)
**11.30** **The Simpsons** (S)(R)
**1.00** PM **The Simpsons** *Principal Charming:* Homer arranges a date between Principal Skinner and Marge's sister Selma. (S)(R) **1.30** *Oh Brother, Where Art Thou?* Homer traces his long-lost half-brother. (S)(R)
**2.00** LIVE **Cricket: The Hundred** MI London Men v Trent Rockets Men: Coverage of the match from the Oval in London. Start-time is at 2.30.
**5.30** **The Simpsons** *Old Money:* Grampa inherits $100,000 from a woman he fell in love with at the rest home. (S)(R)

**11.00** Rambo III

**6.00** **The Simpsons** *Brush with Greatness:* Marge rediscovers her flair for art. With Ringo Starr. (S)(R) **6.30** *Lisa's Substitute:* Lisa develops a crush on a teacher. With Dustin Hoffman. (S)(R)

**7.00** LIVE **Zuffa Boxing** Aaron McKenna v Etinosa Oliha: Coverage of the bout for the vacant IBF World Middleweight title, held at 3Arena in Dublin. Both McKenna and the Italian Oliha arrive here with unbeaten records, but the Irishman will have a distinct advantage as this is his first professional bout on home soil, having fought exclusively abroad until now.

**11.00** FILM **Rambo III** Action adventure sequel starring Sylvester Stallone as the fearless warrior on a rescue mission in Russian-occupied Afghanistan. With Richard Crenna and Marc de Jonge. (S) (1987, 18, 120min) ★★★
**1.00** AM **The Force: Manchester** Double bill of editions. (S)(R)
**3.00** **Road Wars** (S)(R)
**5.00** **to 6.00** AM **Highway Patrol** (R)

## LOCAL VARIATIONS

### BBC1

**SCOTLAND**
Sky **964**, Virgin **862**, Freesat **964**
**11.50pm** Sportscene: Premiership Highlights (S) (R) **12.35am** FILM Man Up (S) (2015, 15, 85min) ★★★★ **2.00** Weather for the Week Ahead (S) **2.05-6.00am** BBC News (S)

**N. IRELAND**
Sky **966**, Virgin **863**, Freesat **966**
No variations

**WALES**
Sky **965**, Virgin **864**, Freesat **965**
**11.30am-12.00noon** Weatherman Walking (S)(R)

### BBC2

**N. IRELAND**
Sky **969**, Freesat **969**
No variations

**WALES**
Sky **968**, Freesat **968**
No variations

### ITV1

As main ITV1 except:

**WALES**
**7.00-8.00pm** NEW Backstage at the Eisteddfod (S)

### S4C

Sky **134**, Virgin **164**, Freesat **120**
**6.00am** Cyw **10.00** Eisteddfod Genedlaethol New edition **12.00noon** Eisteddfod Genedlaethol New edition **3.00pm** Eisteddfod Genedlaethol New edition **6.20** Newyddion a'r Tywydd **6.30** Eisteddfod Genedlaethol New edition **7.30** Eisteddfod Genedlaethol New edition **8.30** Eisteddfod Genedlaethol New edition **9.30** Ffa Coffi Pawb! **10.35** Dim Byd Fel Hogia'r Wyddfa New episode **11.05-11.40pm** Stiwdio24/7

## BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

**7.00** PM FILM **Puss in Boots** Animated comedy with the voice of Antonio Banderas. (2011, U, 90min) ★★★★
**8.20** **Not Going Out** 5/7. The family go for a ride on a vintage steam train. **8.50** 6/7. Lee becomes obsessed with a strange beeping noise in the house. **9.20** 7/7. Lee's competitive nature takes over when Benji plays football. (S13)
**9.50** **Mrs Brown's Boys** Agnes steps in when Bono is bullied. **10.20** Agnes attempts to sort out Cathy's love life.
**10.50** **Ghosts Australia** New episodes 6/8. Kate and Sean meet their wealthy neighbours. **11.15** 7/8. The ghost of Ned Kelly haunts the grounds. **11.40** Series finale 8/8. Sean hastily promises an epic proposal. (S1)
■ Entire series on BBC iPlayer
**12.05** AM **Schitt's Creek** (S2)
**1.30** **Bluestone 42** 4-6/6. (S3)
**3.00** **to 3.50** AM **My Mate's a Bad Date**

## MORE4

136/137 127 | 147 | 18 | 124 | 15

**8.55** AM **Four in a Bed**
**11.35** **A Place in the Sun**
**3.40** PM **Come Dine with Me** Surveyor Muneer hosts the first night in Peterborough. **4.15** Driving instructor Christine hosts night two. **4.50** Mobile hairdresser Ben plans a gourmet night. **5.20** Salesman Gregor hosts. **5.50** Fiery Brazilian Rosie hosts the final dinner party.
**6.20** **Four in a Bed** The week's competition begins at Newquay Beach Hotel.
**6.55** **Four in a Bed** The second visit of the week is to Devon Heaven Hideaways. **7.25** The third visit is to Tin Can Retreat in Ceredigion. **7.55** The final visit is to the Thorverton Arms in Devon. **8.25** Payment Day arrives.
**9.00** **24 Hours in A&E** A 13-year-old boy arrives by helicopter after a serious collision during a game of baseball, while teenage parents bring in their six-month-old daughter.
**10.00** **24 Hours in A&E** A woman undergoes an emergency procedure to unblock an artery after suffering a heart attack.
**11.05** **999: On the Front Line**
**12.10** AM **Emergency Helicopter Medics**
**1.15** **24 Hours in A&E**
**3.25** **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

## BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

**7.00** PM **Natural World: Jungle Animal Hospital**
**7.05** **Life on Earth** David Attenborough looks at the advantages of birds' feathers.
**8.00** **Gloria: My Life on TV** Gloria Hunniford reflects on her broadcasting career.
**9.00** **Gloria Hunniford Remembers... Doris Day** The presenter looks back on her 1995 interview with the American actor and singer.
**9.15** **Doris Day: Pebble Mill Special** Presenter Gloria Hunniford interviews the American actor and singer.
**9.55** **Wogan with Gloria Hunniford** With Salman Rushdie, Aidan Quinn and Ann Hampton Callaway.
**10.25** **The Val Doonican Music Show** With Gloria Hunniford.
**11.10** FILM **Parallel Mothers** Spanish drama starring Penélope Cruz. Subtitled. (2020, 15, 123min) ★★★★
**1.05** AM **Keeping Up Appearances**
**1.35** **To the Manor Born**
**2.05** **to 2.55** AM **Life on Earth**

## E4

135/136 126 | 106 | 13 | 122 | 13

**6.00** AM **The Great Australian Bake Off** The semi-finalists take on Patisserie Week.
**7.05** **Rude(ish) Tube Shorts**
**7.15** **Below Deck Down Under**
**9.15** **Ramsay's Kitchen Nightmares USA**
**1.15** PM FILM **Cheaper by the Dozen 2** Family comedy sequel starring Steve Martin, Bonnie Hunt and Eugene Levy. The Baker family take a lakeside holiday. (2006, PG, 94min) ★★★★
**3.10** **The Simpsons**
**7.15** FILM **The Simpsons Movie** Animated comedy spin-off featuring the voices of Dan Castellaneta, Julie Kavner, Yeardley Smith and Nancy Cartwright. Homer Simpson must save Springfield after he single-handedly causes a disaster. (2007, PG, 83min) ★★★★★
**9.00** **Celebrity Gogglebox** A cast of famous faces offer their thoughts on *Scam Interceptors, Countdown, Best of the World with Antoni Porowski* and *Rivals.*
**10.00** **Gogglebox** *Wheel of Fortune, Love Is Blind, Trigger Point* and *Michael McIntyre's Big Show* are appraised.
**11.05** **Gogglebox**
**12.05** AM **First Dates**
**1.10** **Below Deck: Mediterranean**
**3.50** **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 | 306 | 30 | 123 | 256

Saturday primetime

# SATURDAY Entertainment

Saturday

## Sky Witness

107 107 110 341 356

6.00 AM **Sun, Sea and A&E**
8.00 **A1: Britain's Longest Road**
9.00 **Brit Cops: Frontline Crime UK**
10.00 **Caught on Dashcam**
12.00 NOON **Caught Red Handed** A woman catches a carer stealing her money on camera. **12.40** PM A robber who snatched a mobile phone. **1.20** A police officer with a remarkable memory.
2.00 **Nothing to Declare** Ten editions of the series following the work of customs officers at Australia's biggest airports.

9.00 Blue Bloods

7 PM
**7.00 Nothing to Declare** A couple come to claim a lost suitcase. **7.30** Officers question two young women.

8 PM
**8.00 Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
**9.00 Blue Bloods** *Nothing Sacred:* 9/21. Frank and Joe contend with an insult to the memory of Joe's father. (S13)

10 PM
**10.00 Fire Country** *Your Voice in My Head:* 6/20. The crew respond to a dangerous fire at a local smokehouse. (S4)
11.00 **FBI: International** 5/22. (S2)
12.00 M'T **Law & Order: SVU** (S26)
1.00 AM **FBI** 3/19. (S2)
2.00 **Caught on Dashcam** New edition Road disasters.
3.00 **FBI** 4/19. (S2)
4.00 **A1: Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

## Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **House of the Dragon** (S1)
12.40 PM **House of the Dragon** Six episodes, including at: **3.00** 7/10. King Viserys calls for an end to the infighting between the Great Houses. **4.10** 8/10. Rhaenyra strikes a bargain with Rhaenys. (S1) **5.25** 1/8. Rhaenyra is struggling to come to terms with her son's murder. **6.30** 2/8. Rhaenyra starts to question Daemon's loyalty. (S2)

11.00 The Five-Star Weekend

**7.45 House of the Dragon** *The Burning Mill:* 3/8. As ancient grudges resurface, Rhaenys suggests that Alicent may see reason while the men around her seek bloodshed. (S2)

**9.00 Possession** 1/5. Supernatural thriller starring Gugu Mbatha-Raw, Johnny Lee Miller and Sheldon Shepherd.

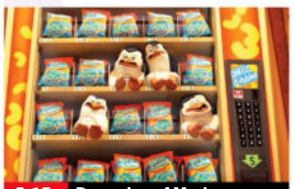
**10.00 Possession** 2/5. A lawyer travels to Jamaica to challenge an inheritance claim made by a local man against an aristocrat. (S1)
11.00 **The Five-Star Weekend** 7/8. A storm descends. **11.45** 8/8. Gigi opens up as buried truths emerge. (S1)
12.45 AM **All Her Fault** 4/8.
1.45 **Homicide: Life on the Street**
4.35 **Sort Of** 8/8. (S2)
5.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

## ITV2

118 122 115 6 113 6

6.00 AM **Deal or No Deal**
7.00 **In for a Penny**
8.05 **Dress to Impress**
10.05 **Deal or No Deal**
1.10 PM **Wheel of Fortune**
2.10 **Celebrity Catchphrase**
3.15 FILM **Penguins of Madagascar** Animation. (2014, U, 88min) ★★★★
5.00 FILM **Johnny English** Comedy starring Rowan Atkinson as a bungling British spy entrusted with solving the theft of the Crown Jewels. With Ben Miller. (2002, PG, 88min) ★★★


3.15 Penguins of Madagascar

**6.45 FILM Miss Congeniality** Comedy starring Sandra Bullock as a tomboyish FBI agent who receives a radical make-over in order to go undercover at a beauty contest. With Michael Caine. (2000, 12, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.00 FILM John Wick: Chapter 2** Action thriller sequel starring Keanu Reeves. When an Italian crime lord holds him to a blood oath, hitman John Wick goes on another murderous rampage. (2017, 15, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Family Guy** 5/21. Stewie discovers a pop star's surprising secret. (S8)
11.50 **Family Guy** 5/16. (S7)
12.20 AM **American Dad!** (S16)
1.20 **Plebs** 8/8. (S2)
1.50 **Transaction** 1/6. (S1)
2.15 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

## ITV3

119 123 117 10 115 7

6.00 AM **A Touch of Frost**
12.20 PM **The Darling Buds of May**
2.30 **Midsomer Murders** *The Silent Land:* Joyce Barnaby is involved in a car accident, and when a body is found in a cemetery, she thinks she is to blame. **4.25** *Master Class:* A music prodigy witnesses a woman drowning. Guest stars James Fox and Richard Fleeshman. **6.20** *The Noble Art:* A local boxer's successful world title bid stirs up hidden passions among a village's residents.

12.20 The Darling Buds of May

**Midsomer Murders** (started at 6.20pm)

**8.20 Midsomer Murders** *Not in My Back Yard:* A planning dispute leads to murder after a woman suspects her neighbours are involved in a money-making development scam. Guest stars Hugo Speer.

**10.15 Vera** *Dark Road:* Vera investigates when a body is found on the moors, and she discovers the victim was a controversial figure with a complicated relationship with her family.
12.00 M'T **Inspector Morse** *Driven to Distraction:* A woman's murder proves a testing time for Morse and Lewis.
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

## ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.15 **The Professionals**
8.25 **World Rally Championship Highlights** The Rally Finland.
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.35 **The Derby Through the Years** Memorable stagings.
11.55 **River Monsters**
12.25 PM **The Motorbike Show**
1.30 **Cadfael**
3.05 FILM **The Horse Soldiers** Western. (1959, U, 115min) ★★
5.30 **Sharpe** 1/3. Harper and Sharpe fake their deaths. (S4)

10.00 EFL Cup Highlights

**7.45 Sharpe** *Sharpe's Siege:* 2/3. Having recovered from the death of his beloved Teresa, Sharpe marries Jane Gibbons – then rushes off to capture a fort behind French lines – but while he is away, a fever outbreak threatens to cut short his new marriage. (S4)

**10.00 Football: EFL Cup Highlights** First-round action, including Norwich City v MK Dons and Burnley v Notts County.
11.30 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.
1.50 AM **Minder** *Diamonds Are a Girl's Worst Enemy:* Terry takes a job driving a Mercedes, but it gets stolen.
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

## BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** The latest top-flight action, including Dundee v Aberdeen.
8.00 FILM **Loch Ness** Family drama starring Ted Danson and Joely Richardson. A cynical American scientist comes to Scotland to disprove the existence of the Loch Ness monster. With Ian Holm. (1995, PG, 101min) ★★★
9.35 **From Scotland with Love** Documentary exploring themes of love, loss, resistance, migration, work and play.
10.50 **Hercules the Bear: A Love Story** The story of a Scottish couple who raised a grizzly bear.
11.50 PM **to 12.00** M'T **Loop** With author Maisie Chan.

## Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S6)
10.30 **Hitmen** 4-6/6. (S1)
12.00 NOON **Community** (S1)
2.30 PM **Will & Grace** (S3)
5.00 **The Office (US)** 13/19. Jim and Pam go to Michael's for dinner. **5.30** 14/19. Michael becomes obsessed with a catalogue model. **6.00** 15/19. Dwight and Michael visit Ryan. **6.30** 16/19. Michael tries to change Stanley's attitude. **7.00** 17/19. Michael attends a job fair. (S4)
7.30 FILM **Chicken Run** Animated comedy adventure (2000, U, 84min) ★★★★
9.00 **Ricky Gervais: Fame**
10.30 FILM **Seven Psychopaths** Dark comedy thriller. (2012, 15, 106min) ★★★★
12.30 AM **Chris Ramsey: Live from London**
1.30 **The Comeback** (S3)
4.00 **to 5.00** AM **Sort Of**

## Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **André Rieu: Happy Days Are Here Again**
9.00 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Grand Ole Opry: Opry Live** With Vince Gill and Patty Loveless.
2.00 **Discovering: Michael Caine** A look at the life and career of the actor.
3.00 FILM **Murder by Decree** Chiller. (1978, 12, 112min) ★★★★
5.20 **Voices of the Valleys**
6.20 **Queen: Is This the Real Life?** The band's career.
7.30 **Queen: Live at Wembley Stadium**
9.55 **Queen: Greatest Video Hits 1**
11.15 **Queen: Greatest Video Hits 2**
12.55 AM **The Stones in Exile**
2.10 **AC/DC Live at River Plate** From 2009.
4.35 **Discovering: The Doors**
5.00 **to 6.00** AM **Classic Albums**

## Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
7.00 **Nothing to Declare**
8.00 **Border Security: America's Front Line**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Caught Red Handed**
4.00 **Extreme Animals: One Wild Day**
5.00 **Kalahari: Land of Secret Alliances** A group of scientists test a hypothesis related to the Kalahari's species.
6.00 **Age of the Big Cats** The stories of the puma and the leopard.
7.00 LIVE **Zuffa Boxing** Aaron McKenna v Etinosa Oliha: Coverage of the bout for the vacant IBF World Middleweight title from 3Arena in Dublin.
11.00 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

## ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Celebrity Lingo**
4.00 **Ridiculous**
5.00 **Deal or No Deal**
6.00 **Lingo** A father and daughter and two friends take on the reigning champions. **7.00** Two sisters and a mother and daughter take on the champions.
8.00 **Celebrity Catchphrase** Natalie Cassidy, Sam Aston and Lou Sanders play for their charity.
9.00 **The Chase Celebrity Special** Lance Ellington, Beth Tweddle, Bob Champion and Sally Lindsay play for charity.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

## 4seven

137/138 163 143 49 127 16

9.00 AM **Kirstie and Phil's Love It or List It: Brilliant Builds**
9.30 **A Place in the Sun**
11.30 **Come Dine with Me**
2.00 PM **Couples Come Dine with Me** From Cheshire.
3.00 FILM **Sister Act** Musical comedy starring Whoopi Goldberg and Maggie Smith. (1992, PG, 102min) ★★★★
5.00 **A Place in the Sun**
8.00 **Extraordinary Extensions** A Marbella-inspired party pad.
9.00 **Grand Designs**
10.00 **Sarah Millican: Home Bird Live** Stand-up show.
11.05 **8 Out of 10 Cats Does Countdown**
12.05 AM **Gogglebox**
2.05 FILM **Theater Camp** Comedy with Ben Platt and Molly Gordon. (2023, 12, 93min) ★★★★
3.55 **8 Out of 10 Cats Does Countdown**
4.45 **to 4.55** AM **Sunday Brunch**



★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

## Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** Five episodes, including at: **2.00** PM 15/24. The crew attempt to help a dying alien. **3.00** 16/24. Dr Phlox puts the crew into a coma. (S3)
4.00 **Star Trek: Voyager** 15/26. Seven of Nine is forced to fight for Tuvok's life. **5.00** 16/26. The *Delta Flyer* is captured by a Borg cube. **6.00** 17/26. Paris and Kim are kidnapped. (S6)

9.00 Stargate Universe

7.00 **Star Trek: Voyager** *Ashes to Ashes:* 18/26. The crew are mystified by the reappearance of a supposedly dead officer.
8.00 **Star Trek: Voyager** *Child's Play:* 19/26. Seven of Nine rescues a former Borg boy sent on a suicide mission by his parents. (S6)
9.00 **Stargate Universe** *Space:* 11/20. Colonel Young's consciousness is transferred into an unknown being.
10.00 **Stargate Universe** *Divided:* 12/20. Rush suspects a tracking device has been planted on the *Destiny*. (S1)
11.00 **Stargate Universe** 13/20. The crew members discover an idyllic planet. (S1)
12.00 M'T **Grimm** 19/22. An altercation threatens to land Sergeant Wu in hot water. **1.00** AM 20/22. Nick worries he may lose everything. (S5)
2.00 **The Walking Dead** (S7)
5.00 **to 6.00** AM **Most Haunted**

## U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S16)
10.00 **My Life Is Murder** (S1)
12.00 NOON **Father Brown** Five episodes, including at: **3.00** PM *The Celestial Choir:* A mysterious saboteur tries to stop Kembleford from winning a choir competition. **4.00** *The Queen Bee:* The sleuthing priest investigates the death of a beekeeper.
5.00 **Maisie Raine** 3/6. A TV game show host is stalked. **6.00** 4/6. Maisie helps find a couple's missing daughter. (S1)

5.00 Maisie Raine

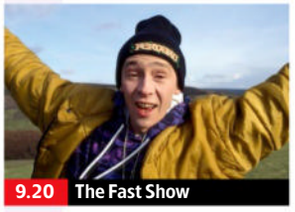
7.00 **Death in Paradise** *Stumped in Murder:* 4/8. The president of the local cricket club is found shot dead on the pitch. (S6)
8.00 **Father Brown** *The Blessing of the Father:* A would-be killer seems set to ruin Mrs Devine and Sullivan's wedding day.
9.00 **Death in Paradise** *The Impossible Murder:* 3/8. Humphrey and Martha's romantic weekend away is cut short by a murder. (S6)
10.00 **Father Brown** *The Skylark Scandal:* A ramblers' outing takes a tragic turn when the local lord is found strangled.
11.00 **Father Brown** *The Honourable Thief:* When Lady Felicia's home comes under threat, Father Brown seeks help from an unlikely ally.
12.00 M'T **Father Brown**
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

## U&Gold

110/111 121/131 124 344 359

7.10 AM **Only Fools and Horses**
2.15 PM **Only Fools and Horses** The Trotters agree to dog-sit for Boycie and Marlene. **3.00** Del pays a stripper to attend a party with Rodney. **3.40** Del gets Denzil to lend him his redundancy money. **4.20** Del meets an old flame. **5.00** The Trotters mourn Grandad's death – and meet a long-lost seafaring uncle. **5.40** Uncle Albert has a nasty fall into the pub cellar. **6.20** Rodney aspires to be a pop star and joins a band.


9.20 The Fast Show

7.00 **Joe & David's Magical Sitcom Tour** 1/3. David Earl discovers why classic comedy *Porridge* means so much to Joe Wilkinson.
8.00 **Porridge** The inmates are horrified to discover there is a thief at large. **8.40** Godber enters the boxing championships, but Fletcher is given the task of fixing the contest.
9.20 **The Fast Show** A look at war films in the sketch 'Scenes from the Movies.'
10.00 **The Fast Show** Bob Fleming visits a gypsy fair. **10.35** Featuring the Neighbours from Hell and guest star Steve Davis.
11.15 **Gavin & Stacey** The Shipmans drive to Wales for a wedding fayre. **11.55** The bride-to-be goes on her hen party.
12.35 AM **Gavin & Stacey**
1.15 **Only Fools and Horses**
3.15 **to 4.00** AM **Gavin & Stacey**

+1 hour 210/211 324

## U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear**
8.20 **Would I Lie to You?**
1.00 PM **Would I Lie to You?** Nine editions, including at: **4.20** With panellists Richard Madeley, Sanjeev Bhaskar, Kate Humble and Miles Jupp. **5.00** With guests Richard Bacon, Miranda Hart, Dale Winton and Clare Balding. **5.40** With panellists Rhod Gilbert, Sally Phillips, Des O'Connor and Tess Daly. **6.20** With guests Gabby Logan, Andy Hamilton, Diane Parish and Christian Jessen.

7.00 Gavin & Stacey

7.00 **Gavin & Stacey** First episode of the comedy, starring Mathew Horne and Joanna Page. **7.40** Gavin is beside himself when the couple have their first lovers' tiff. **8.20** The couple reveal their engagement, and the families throw a party.
9.00 **QI** With guest panellists Dara O Briain, Rich Hall and Arthur Smith. **9.40** Guest panellists Jo Brand, Fred MacAulay and Rich Hall take part.
10.20 **Not Going Out** Lee and Lucy play hot-tub fantasy date with Anna and Toby. Guest stars Emma Bunton.
11.00 **Not Going Out** Lee worries that Charlie is the class clown.
11.40 **Not Going Out** Double bill.
1.00 AM **Have I Got a Bit More News for You** Satirical quiz.
2.00 **Live at the Apollo**
3.00 **to 4.00** AM **James May's Cars of the People**

+1 hour 211/212 327 74 259

## U&Drama

143 132/134 116 20 158 20

7.10 AM **Birds of a Feather**
9.35 **Jonathan Creek**
1.05 PM **Father Brown**
2.05 **New Tricks** Double bill.
4.25 **Miss Marple** *The Mirror Crack'd from Side to Side:* A film star arrives from America and throws a summer garden party for the entire village of St Mary Mead – where one of her fans drinks a poisoned cocktail and promptly drops dead. Stars Joan Hickson, Claire Bloom and Barry Newman.

9.00 Wallander

7.00 **The Brokenwood Mysteries** *Blood and Water:* 1/4. First episode. Detective Inspector Mike Shepherd is sent to the New Zealand town of Brokenwood to investigate the death of a farmer, after his body is found by two local fishermen. (S1)
9.00 **Wallander** *Sidetracked:* 1/3. First episode. Inspector Kurt Wallander searches for a link between three apparently motiveless murders, and tries to identify a girl who doused herself in petrol and burned to death. Stars Kenneth Branagh. (S1)
11.00 **Outrageous** 5/6. Nancy finds herself persona non grata as the family gather around Diana's bedside in the wake of her car accident. (S1)
12.00 M'T **The Last Detective**
1.35 AM **New Tricks**
2.45 **to 4.00** AM **Hotel Portofino**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

## 5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops** Documentary.
9.20 **Wild Cards** (S1)
11.10 **Blue Bloods** (S4)
2.05 PM **NCIS: Los Angeles**
7.05 **Jesse Stone: Benefit of the Doubt** Detective thriller starring Tom Selleck. The troubled cop returns to his role as chief of police to bring the perpetrators of a Mob-related double homicide to justice.
9.00 **NCIS** *Ladies' Night:* 16/20. A girls' night out takes a turn when NCIS is called on to investigate the motives of a possible arsonist. (S22)
10.00 **Law & Order: Special Victims Unit** *Spellbound:* 18/21. A spiritual healer is accused of sexual assault. (S18)
11.00 **Law & Order: Special Victims Unit** (S18)
2.00 **to 3.50** AM **NCIS: Los Angeles**

+1 hr 241/269 320/362 130

## 5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S9)
10.00 **Shoplifters: Caught Red Handed**
1.00 PM **Nightmare Tenants, Slum Landlords**
7.00 **Shoplifters: Caught Red Handed** An officer receives intel about two men acting suspiciously. **8.00** A gang appear to be acting suspiciously.
9.00 **FILM The Transporter** Thriller starring Jason Statham. An underworld courier discovers he is unwittingly transporting a kidnapped woman. (2002, 15, 88min) ★★★
10.55 **Piers Morgan: Uncensored**
12.30 AM **Adults Only: Kinky for Cash**
1.30 **Adults Only: Sex in the Future**
2.25 **Killer at the Crime Scene** Raveesh Kumra.
3.10 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

## 5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Police Interceptors**
2.15 PM **The Motorway**
5.15 **FILM The Tall T** Western starring Randolph Scott. (1957, PG, 78min) ★★
6.55 **FILM Lawman** Western starring Burt Lancaster. (1970, 15, 99min) ★
9.00 **FILM For a Few Dollars More** Spaghetti Western starring Clint Eastwood and Lee Van Cleef as cowboy bounty hunters who join forces to track down a killer. (1965, 15, 128min) ★★★★
11.40 **The X-Files** *Chinga:* 10/20. Scully investigates a case of witchcraft. Co-written by Stephen King. **12.40** AM *Kill Switch:* 11/20. Mulder and Scully investigate when a living computer program targets its creator. (S5)
1.40 **The X-Files** (S5)
3.30 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

## U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
1.00 PM **999 Rescue Squad**
7.00 **Ambulance Australia** Paramedics race to help two people involved in a motorbike accident. **8.00** A motorcyclist is hit by a taxi, and a young baby needs urgent help.
9.00 **Gavin & Stacey** The gang reunite for Neil's christening. **9.40** Dawn and Pete join Pam and Mick for a beer and curry night. **10.20** The Essex boys plan a big night out in Cardiff and a sleepover at Bryn's house.
11.00 **The Young Midwives of Essex** Mary doubts herself after a tough shift. **12.00** M'T Tacha is still getting to grips with the pace of a busy ward.
1.00 AM **Sort Your Life Out with Stacey Solomon**
2.15 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

## U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Flipping Bangers**
10.00 **Great Canal Journeys**
11.00 **Canal Boat Diaries**
1.00 PM **Canal Boat Diaries**
5.00 **Seven Worlds, One Planet** Double bill.
7.00 **Bangers & Cash: Restoring Classics** The team purchase a 1972 VW Fastback. **8.00** The team cannot believe their luck when a Volvo 144 rolls in.
9.00 **Bangers & Cash** Derek picks up a car built in Britain for the US market. **10.00** Dave collects a 1980 Ford Granada Ghia and a 1981 Ford Cortina. **11.00** A man is reluctantly letting his late father's car collection go.
12.00 M'T **Bangers & Cash: Restoring Classics**
2.00 **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

## Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** With singer and TV presenter Mica Paris.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Double bill.
12.00 NOON **The Repair Shop** Seven editions.
7.00 PM **The Repair Shop** Will Kirk attempts to restore a model ship. **8.00** Mechanical expert Steve Fletcher takes on an ornate, broken clock.
9.00 **Death Walker with Nick Groff** New edition Nick and Tessa visit a family home in New York, where a tragic history suggests that not everyone who died there has moved on.
10.00 **Help! My House Is Haunted** Four editions.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

# SATURDAY Entertainment

Saturday

## Great! TV

157 167 170 34 32

**8.00** AM **Highway to Heaven**
**9.00** **Little House on the Prairie** 9-12/22. (S2)
**1.00** PM **Little House on the Prairie** 13-18/22. (S2)
**7.00** **The Waltons** 1/26. A hawk is attacking the Waltons' chickens. **8.00** 2/26. The family find a runaway boy in the barn. (S6)
**9.00** **A Caribbean Mystery** Murder mystery starring Helen Hayes as Agatha Christie's famous detective Miss Marple. After two murders in her Caribbean hotel, Miss Marple's holiday turns into a race against the clock to stop a wife-killer carrying out his plans.
**11.05** **Man About the House**
**12.05** AM **Robin's Nest**
**1.05** **Rising Damp**
**2.05** **Air Rescue**
**3.00** **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

## Great! Action

318 317 426 42 33

**9.00** AM **Wanted: Dead or Alive** 2/32. (S2)
**9.30** **Murder Maps**
**10.30** **FILM Ride in the Whirlwind** Western. (1966, PG, 83min) ★★
**12.15** PM **FILM Destry Rides Again** Comedy western. (1939, b/w, PG) ★★★★★
**2.20** **FILM 40 Guns to Apache Pass** Western. (1966, PG, 95min) ★★
**4.25** **FILM Bandolero!** Western adventure. (1968, 15, 106min) ★★★
**6.50** **FILM The Coldest Game** Espionage thriller. (2019, 15, 102min) ★★
**9.00** **FILM Anthropoid** World War Two drama. (2016, 15, 120min) ★★★
**11.30** **The Avengers** (S5)
**12.30** AM **The New Avengers**
**1.30** **The Persuaders!** (S1)
**2.30** **FILM Stonados** Thriller. (2013, PG, 90min) ★
**3.55** **Coast Guard Alaska**
**4.50** **to 5.50** AM **Air Rescue**

+1 hour 319

## Great! Mystery

320 318 425 50 48

**8.00** AM **Air Rescue**
**8.30** **Diagnosis Murder**
**9.30** **FILM From the Heart** Drama. (2016, PG) ★★
**11.25** **FILM One in a Million** Drama. (2016, PG) ★★
**1.20** PM **FILM A Beautiful Place to Die** Drama. (2020, PG, 84min) ★★
**3.15** **FILM Riddled with Deceit** Crime drama. (2020, PG, 85min) ★★
**5.10** **FILM Ships in the Night** Thriller. (2021, PG) ★★
**7.05** **FILM Poisoned In Paradise** Crime thriller starring Jesse Metcalfe. (2021, PG, 84min) ★★
**9.00** **Hailey Dean Mysteries** Double bill of the drama starring Kellie Martin.
**12.50** AM **FILM True Justice** Thriller. (2023, PG) ★★
**2.30** **FILM A Killer in My Home** Crime thriller. (2020, 12, 90min) ★
**4.00** **to 5.00** AM **Diagnosis Murder**

+1 hour 321

## Great! Romance

322 319 424 52 47

**8.10** AM **FILM Dog Lovers Guide to Dating** Comedy. (2023, U, 82min) ★★
**10.10** **FILM Puppy Love** Drama. (2012, U, 90min) ★★
**12.00** NOON **FILM Flowers and Honey** Romance. (2021, PG, 90min) ★★
**2.00** PM **FILM Be My Valentine** Comedy. (2013, PG, 90min) ★★
**3.55** **FILM Love in Store** Comedy. (2020, PG) ★★
**5.50** **FILM Brimming with Love** Romantic drama. (2017, PG, 90min) ★★
**7.45** **FILM A Slice of Romance** Drama. (2021, PG, 84min) ★★
**9.45** **FILM Written in the Stars** Romantic drama. (2021, U, 89min) ★★
**11.45** **FILM Never Too Late to Celebrate** Drama. (2023, PG, 95min) ★★
**1.50** AM **Highway to Heaven**
**3.00** **to 5.00** AM **FILM Be My Valentine** (2013)

+1 hour 323

## Together TV

170 171 136 83 162 52

**11.00** AM **Garden Rescue**
**12.00** NOON **Love Your Garden** Double bill.
**1.00** PM **My Floating Home**
**2.00** **Yorkshire by the Sea**
**4.00** **FILM Puppet on a Chain** Crime thriller. (1970, 15, 98min) ★★★
**6.00** **FILM Mrs Ratcliffe's Revolution** Comedy. (2007, 12, 102min) ★
**8.00** **Garden Rescue** Charlie Dimmock and Lee Burkhill create a Californian-style garden.
**9.00** **The Two Ronnies in Australia** Australian comedy with the duo.
**10.00** **FILM Fanny Hill** Drama. (1983, 18, 98min) ★★
**12.00** M'T **FILM Mary Millington: Confessions from the David Galaxy Affair** Adult comedy. (1979, 18, 92min) ★★
**2.00** AM **The Two Ronnies in Australia** As 9.00pm.
**3.00** **to 5.00** AM **FILM Puppet on a Chain**

## Rewind TV

182 81 164 141

**6.00** AM **Space 1999** (S2)
**7.00** **Man in a Suitcase**
**10.00** **Doctor in Charge**
**11.00** **Bottle Boys** (S2)
**12.00** NOON **The Fenn Street Gang** 1&2/8. (S4)
**1.00** PM **Second Thoughts**
**2.00** **Agony** 6&7/7. (S3)
**3.00** **Two's Company** (S1)
**3.30** **Hallelujah** 6&7/8. (S2)
**4.30** **Hank the Cowboy**
**5.00** **Bottle Boys** (S2)
**6.00** **That's My Dog**
**6.30** **Doctor in Charge** (S1)
**8.00** **The Fenn Street Gang**
**9.00** **Space 1999** 9/24. (S2)
**10.00** **FILM Malibu Beach** Comedy adventure. (1978, 18, 93min) ★★
**12.00** M'T **FILM Orgy of the Dead** (1965, 18) ★★
**1.50** AM **Stereo Underground**
**2.50** **We Had One of Those**
**3.00** **Cut Price Comedy Show**
**3.30** **Agony** 6&7/7. (S3)
**4.30** **Two's Company** (S1)
**5.00** **to 6.00** AM **Stereo Underground**

## DMAX

159 151 169 39 147 35

**6.00** AM **Deadliest Catch**
**10.00** **Outback Opal Hunters**
**1.00** PM **Gem Hunters Down Under** Triple bill.
**4.00** **Aussie Gold Hunters**
**7.00** **Hoarding: Buried Alive** A man tackles a hoard that has taken over his mobile home. **8.00** A woman tackles her hoarding habit to save her relationship with her daughter.
**9.00** **Extinct or Alive** Forrest Galante combs the Florida Everglades for a black panther.
**10.00** **Expedition X** The team of experts continue their investigation into a lunatic asylum.
**11.00** **Expedition Files** A new study shows the Shroud of Turin could be real.
**12.00** M'T **Body Bizarre**
**2.00** AM **Teleshopping**
**5.00** **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

## Food Network

144 152 168 43 148 39

**6.00** AM **Diners, Drive-Ins and Dives** Four editions.
**8.00** **Barefoot Contessa**
**11.00** **Jamie Cooks Italy**
**12.00** NOON **Michel Roux's French Country Cooking**
**1.00** PM **James Martin's Spanish Adventure**
**3.00** **Rick Stein's Fruits of the Sea** Double bill.
**4.00** **Rick Stein's Seafood Odyssey** Eight editions.
**8.00** **Jamie Cooks Italy** Jamie Oliver and Gennaro Contaldo explore Italian home cooking. **8.30** Jamie and Gennaro head to Puglia to seek out family recipes.
**9.00** **Diners, Drive-Ins and Dives** Guy Fieri stops by a barbecue joint that cooks brisket tacos. **9.30** Guy visits a Venezuelan spot that makes amazing arepas.
**10.00** PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

## Legend

148 156 149 41 137 38

**7.00** AM **Six Million Dollar Man** 1-5/21. (S5)
**12.00** NOON **The Gambler: The Adventure Continues** Western.
**3.50** PM **FILM Siringo** Western starring Chad Lowe and Brad Johnson. (1996, PG, 90min) ★★
**5.40** **FILM Monte Walsh** Western with Tom Selleck and Isabella Rossellini. (2002, PG, 95min) ★★
**8.00** **The Twilight Zone** (S3)
**9.00** **FILM Robin Hood** Adventure starring Taron Egerton and Jamie Foxx. (2018, 12, 112min) ★★
**11.25** **FILM The Misfits** Thriller starring Pierce Brosnan and Jamie Chung. (2021, 15, 94min) ★★
**1.25** AM **FILM Hot Seat** Action adventure starring Mel Gibson. (2022, 15, 99min) ★★
**3.20** **to 5.00** AM **FILM Paydirt** Crime thriller. (2020, 15, 86min) ★

## Legend Xtra

316 316 171 69 138 51

**9.00** AM **The Twilight Zone**
**10.00** **Andromeda** (S4)
**3.00** PM **MacShayne: Winner Takes All** Drama starring Kenny Rogers.
**5.00** **MacShayne: Final Roll of the Dice** Drama starring Kenny Rogers.
**7.00** **FILM Dragonquest** Fantasy adventure starring Daniel Bonjour. (2009, 12, 90min) ★★
**9.00** **FILM Alive** Fact-based survival drama starring Ethan Hawke. (1992, 15, 127min) ★★★
**11.35** **FILM The Hunter's Prayer** Action thriller with Sam Worthington. (2017, 15, 91 min) ★★
**1.30** AM **FILM The Black Torment** Horror chiller. (1964, 15, 85min) ★★★
**3.15** **FILM Geo-Disaster** Sci-fi action drama. (2017, 12, 85min) ★
**5.00** **to 6.00** AM **The Twilight Zone**

+1 hour 317 139

## Blaze

156 169 174 64 161 41

**6.00** AM **Storage Wars**
**8.20** **The UnXplained with William Shatner**
**10.10** **Strange Evidence**
**12.05** PM **The Proof Is Out There: Bermuda Triangle Edition**
**3.05** **What on Earth?**
**6.00** **History's Greatest Mysteries** Triple bill.
**9.00** **Hitler's British Island** Nazi control of the island of Alderney.
**10.00** **Secret Wars Uncovered** The facts behind battles that were fought covertly.
**11.00** **National Park Mysteries** Claims that there is a hidden underground Nazi base in Montana's Glacier National Park.
**11.30** **National Park Mysteries**
**1.00** AM **Conspiracy Files: Unsealed** Double bill.
**2.00** **Court Cam**
**3.00** **to 6.00** AM **Craig Charles: UFO Conspiracies**

## 5SELECT

153 166 138 46 133 30

**9.00** AM **Murder, She Wrote**
**1.00** PM **Murder, She Wrote** Six episodes, including at: **5.00** *Lone Witness:* A boy witnesses a murder and finds himself accused of the crime. **6.00** *Ship of Thieves:* Jessica investigates when a cruise-ship passenger is murdered.
**7.00** **Abandoned Engineering** An elaborate underground complex in Italy that had been abandoned for nearly 2,000 years.
**8.00** **WWII Battles in Colour** The events of Germany's all-out assault on the Soviet Union.
**9.00** **WW2: The End** The conflict through the eyes of its combatants. **10.00** The horrors that preceded the joy of VE and VJ Day.
**11.00** **Nazi Killing Fields**
**12.05** **to 4.00** AM **Prisoner: Cell Block H**

## Challenge

130/131 159 139 48 142 43

**7.00** AM **The Chase**
**9.00** **Tenable** Quiz show.
**10.00** **Family Fortunes**
**11.00** **Celebrity Antiques Road Trip** With Kirsty Wark.
**12.15** PM **Catchphrase**
**1.00** **Tenable** Quiz show.
**2.00** **Bridge of Lies**
**3.00** **The Chase** Quiz show.
**4.00** **Beat the Chasers**
**5.00** **The Chase Celebrity Special** JB Gill, Dr Christian Jessen, Helen Lederer and Stephen Hendry compete. **6.00** With Kian Egan, Sharron Davies, Larry Lamb and Matt Johnson.
**7.00** **The Chase** Double bill.
**9.00** **The Chase Celebrity Special** With Paul Young, Aljaz Skorjanec, Arthur Smith and Jade Jones.
**10.00** **The Chase** Quiz show.
**11.00** **Bullseye** Six editions.
**2.00** AM **The Chase**
**4.00** **The Chase Celebrity Special** Quiz show.
**5.00** **to 6.00** AM **The Chase**

## TLC

133/134 139 113/128 12 144 17

**7.00** AM **Young Sheldon**
**11.00** **The Big Bang Theory**
**7.00** PM **The Big Bang Theory** 17/24. Sheldon tries to make new friends. **7.30** 18/24. Priya asks Leonard to spend less time with Penny. **8.00** 19/24. Sheldon's online gaming account is hacked. **8.30** 20/24. Amy and Sheldon start a gossip experiment. (S4)
**9.00** **Dr Pimple Popper: Breaking Out** Dr Lee meets a singer with a huge neck hump. **10.00** A firefighter has numerous torso bumps that make it painful to play with his son. **11.00** Removing a bump from a man's back.
**12.00** M'T **Dr Pimple Popper**
**3.00** AM **My 600lb Life**
**5.00** **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

## Comedy Central

112/113 135 132 345 360

**8.00** AM **Mr Bean** (S1)
**9.00** **Gods of the Game**
**9.30** **Friends** (S9&10)
**7.45** PM **Friend** 11/18. Joey appears on a quiz show. With Danny DeVito. **8.20** 12/18. Phoebe and Mike's wedding day arrives. (S10)
**9.00** **FILM The Rock** Action thriller starring Sean Connery and Nicolas Cage. An FBI chemical weapons expert and a convict try to break into Alcatraz to foil a US Marine general who has seized the island. (1996, 15, 136min) ★★★★
**11.40** **8 Out of 10 Cats**
**1.20** AM **Stupid Central**
**2.20** **Russell Howard: Live at the London Palladium**
**3.15** **Dragony Aunts** (S1)
**3.25** **The Comedy Bus**
**3.50** **Gods of the Game**
**4.15** **to 5.00** AM **Mr Bean**

+1 hour 212/213 332

## Comedy Cen. Extra

127/128 136 154

**6.00** AM **Everybody Loves Raymond** (S5)
**7.00** **Teleshopping**
**9.00** **Michael McIntyre's Big Show** As 8.00pm.
**10.00** **Most Ridiculous**
**3.00** PM **The Upper Hand**
**8.00** **Michael McIntyre's Big Show** With Rick Astley, Al Porter and Olly Murs.
**9.00** **Friends** 6/18. Rachel and Monica fight over a peculiar painting. **9.30** 7/18. Ross discovers Rachel has an irrational fear of swings. **10.00** 8/18. A reluctant Monica agrees to cook Thanksgiving dinner. **10.30** 9/18. Joey dates Phoebe's friend. (S10)
**11.00** **Friends** (S10)
**3.20** AM **South Park** (S1)
**3.45** **Jimmy Carr's Am I the A**hole?**
**4.30** **Iain Stirling's Roast the Internet**
**5.15** **to 6.00** AM **Everybody Loves Raymond**

## That's TV

56 42

**8.00** AM **Some Mothers Do 'Ave 'Em** 1-7/7. (S1)
**12.15** PM **Going Straight** (S1)
**2.40** **Steptoe and Son Xmas 1973** 8/8. (S7)
**3.35** **Steptoe & Son: A Perfect Christmas** (S8)
**4.30** **Whatever Happened to the Likely Lads?** (S2)
**5.25** **Rising Damp** (S3)
**7.55** **Minder** 1/13. (S2)
**9.00** **Benidorm** 1/9. The Dawsons' holiday starts with a bang when Eddie has an accident. (S9)
**10.00** **Shameless** 6/16. Paddy wakes up to find himself chained to a bed. (S6)
**11.00** **Man About the House**
**11.35** **Mind Your Language**
**12.00** M'T **Benidorm** 1/9. (S9)
**1.00** AM **Minder** 7/10. (S5)
**2.00** **Duty Free** 2/7. (S2)
**2.25** **Man About the House**
**2.50** **The Kenny Everett Video Show** Comedy.
**3.10** **That's 60s**
**4.00** **to 5.00** AM **Nearest and Dearest**

## MTV

126/127 137 134 351 366

**6.00** AM **Daria** 11/13. (S1)
**6.20** **Teen Mom 2**
**7.10** **Dallas Cowboys Cheerleaders**
**10.00** **Teen Mom: The Next Chapter** Triple bill.
**1.00** PM **Judge Judy**
**6.00** **Catfish: The TV Show** Joseph has been sending Sabrina money, but his sister doesn't buy her lies. **7.00** Jonathon gets in touch with Nev and Max when his online love suddenly disappears. **8.00** Nev and Max attempt to help a man whose online girlfriend refuses to video chat.
**9.00** **Skin A&E** Following four top dermatologists as they treat patients for skin conditions.
**10.00** **MTV Unplugged**
**11.00** **Help I Sexted My Boss**
**1.00** AM **Dating Naked**
**2.45** **All Star Shore**
**3.35** **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

## Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
9.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **The Last Alaskans** Six editions, including at: **3.00** PM Autumn continues in the bush as the Last Alaskans settle into wilderness solitude. **4.00** As Heimo and his family hunt for caribou, a hungry bear stops them in their tracks. **5.00** Heimo competes with a pack of wolves to stalk a moose.
6.00 **Bull Shark Dinner Bell** Experts uncover what's fuelling a surge in bull shark aggression in Jupiter, Florida.

9.00 K-Pop Shark Heroes

7.00 **The Woodland Workshop** Micaela designs a sunroom chair for a community worker, and Saf builds a DJ booth.
8.00 **Invasion of the Mega Sharks** A research team uncover a population of enormous white sharks off Nova Scotia's coast.
9.00 **NEW K-Pop Shark Heroes** Investigating concerns about a major influx of sharks in the waters off South Korea.
10.00 **NEW My Strange Shark Addiction** Four shark fanatics reveal their obsessions, including a body covered in sharks.
11.00 **Expedition X: Atomic Sharks** The team investigate reports of aggressive mutant sharks.
12.00 M'T **Expedition Unknown: Shark Secrets** Exploring Scotland's Stronsay Beast.
1.00 AM **How the Universe Works**
3.00 **to 5.00** AM **American Chopper**

+1 hour 225/226 377

## Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **The Zoo** A goat gives birth to the biggest baby of the year. **4.00** Jasmine the otter is not her usual, energetic self.
5.00 **Treehouse Masters** Pete Nelson designs a structure for two tastemakers.
6.00 **Preposterous Pets** Focusing on people who keep all manner of animals as pets.

7.00 How Do Animals Do That?

7.00 **How Do Animals Do That?** How caterpillars turn into butterflies. **7.30** A look at why some cats are cross-eyed.
8.00 **Extinct or Alive** After eyewitness accounts of the Tasmanian tiger, Forrest Galante heads to the Cape York Peninsula.
9.00 **Alaskan Bush People: Bushcraft Chronicles** The Browntown residents discuss some of their most innovative shelters.
10.00 **Tanked** A company designing customisations for high-end vehicles want an exotic fish tank.
11.00 **Alaska: The Last Frontier** Atz helps his grandson.
12.00 M'T **Edge of Alaska** Neil's project is over budget. **1.00** AM Plans to allow tourists to visit push forward.
2.00 **The Haunted** Documentary.
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

## Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Plane Crash Recreated**
12.00 NOON **Disaster Autopsy**
1.00 PM **Europe from Above**
3.00 **Construction Fails** Investigating spectacular mishaps and how disaster could have been averted. **4.00** How Notre Dame cathedral caught fire.
5.00 **Air Crash Investigation** A massive explosion tears a hole in a 747 over Hawaii. **6.00** A Boeing 727's near-fatal nosedive over Michigan.

7.00 Destruction Decoded

7.00 **Destruction Decoded** The footbridge disaster in Morbi in 2022, and the catastrophic building collapse in Savar in 2013.
8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend head to Southampton to take on a 1969 Jensen Interceptor.
9.00 **Car S.O.S** Tim and Fuzz pick up a 1972 Renault Alpine A110 rally racer belonging to a former Italian restaurateur.
10.00 **Mega Marine Machines** Crews must act fast to prevent traffic, weather and shifting water from causing major problems.
11.00 **Engineering Europe** Exploring Poland's most awe-inspiring engineering marvels.
12.00 M'T **Ultimate Airport Dubai** Airport employees stop a man carrying fake passports. **1.00** AM A smuggler is caught carrying 2,000 bottles of illegal prescription medication.
2.00 **to 5.00** AM **Air Crash Investigation**

## Sky History

123/124 115/116 131 353 368

6.00 AM **American Pickers**
7.00 **Hardcore Pawn**
10.00 **History's Greatest Machines with Dolph Lundgren**
11.00 **Guns That Changed the Game**
2.00 PM **Storage Wars**
5.00 **World's Most Unexplained** Jimmy Hoffa's disappearance. **5.30** Air disasters associated with the number 191. **6.00** The trend of people seeing moving religious statues in Ireland in the 1980s. **6.30** Mysteries surrounding the death of Elvis Presley.

9.00 Mysteries Unearthed

7.00 **Britain's Most Historic Towns** The wartime history of Dover, visiting the base where the Dunkirk evacuation was planned.
8.00 **Britain's Most Historic Towns** Alice Roberts explores the Georgian era in Bristol, and takes a horse-drawn carriage ride.
9.00 **Mysteries Unearthed with Danny Trejo** Danny explores mysterious secrets lost deep inside various unseen chambers.
10.00 **Mysteries Unearthed with Danny Trejo** The unlikely people and places behind discoveries of top-secret information.
11.00 **Mysteries Unearthed with Danny Trejo** Treasures recovered from chambers, tunnels, caves and burial sites. **12.00** M'T A bloodthirsty predator found in Canada.
1.00 AM **World's Most Unexplained**
3.00 **Britain's Most Historic Towns**
5.00 **to 6.00** AM **History's Greatest Machines with Dolph Lundgren**

## Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Gary Oldman**
7.00 **Discovering: Bruce Willis**
8.00 **The Directors**
9.00 **Yacht Rock: A Dockumentary**
11.00 **Steve McQueen: The Lost Movie** Documentary.
12.50 PM **My Icon** Shaun Gayle.
1.00 **Faye** Documentary.
2.45 **Mr Dynamite: The Rise of James Brown** Documentary.
5.00 **David Holmes: The Boy Who Lived** The story of a stunt double left paralysed after an on-set accident.
6.45 **My Icon** Tanni Grey Thompson.

9.00 The Essex Murders

7.00 **Spitfire** The story of the British single-seat fighter plane the Supermarine Spitfire, designed by RJ Mitchell and famous for its role in the Battle of Britain.
9.00 **The Essex Murders** 1/3. Documentary about the 1995 killing of three notorious criminals known as the Essex Boys.
10.00 **The Essex Murders** 2/3. Questions remain about the convictions of Michael Steele and Jack Whomes.
11.00 **The Essex Murders** 3/3. The hunt for an alternative suspect.
12.00 M'T **Kings of Coke** The story of one of North America's most feared criminal organisations.
1.45 AM **Wirecard: A Billion Euro Lie** Examining the scandal surrounding financial payment firm Wirecard.
3.45 **My Icon** Tanni Grey Thompson.
4.00 **to 6.00** AM **Queen of Speed**

7 PM
8 PM
9 PM
10 PM

Saturday

## Quest

140/141 149 128/137 17 145 18

6.00 AM **Massive Engineering Mistakes**
7.00 **British Superbikes**
8.00 **Ant Anstead: Born Mechanic** As 8.00pm.
9.00 **Wheeler Dealers**
3.00 PM **Shed and Buried: Classic Cars**
5.00 **MotoGP** Action from the Grand Prix of Great Britain sprint race.
6.00 **Shed and Buried**
8.00 **Ant Anstead: Born Mechanic** Ant heads to Kent for a 1971 Mercedes W108.
9.00 **The Repair Shop** Restoring an antique skeleton clock.
11.00 **Outback Opal Hunters**
12.00 M'T **Outback Truckers**
1.00 AM **Mysteries of the Deep** Double bill.
3.00 **NASA's Unexplained Files** Documentary.
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

## Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Triple bill.
10.00 **Forensic Detectives**
11.00 **Faking It: Tears of a Crime** Documentary.
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Evil Lives Here: Shadows of Death**
8.00 **Evil Lives Here: Shadows of Death** When Erika Verdecia goes missing, her family launch their own search.
9.00 **Deadly Influence: The Social Media Murders** New edition A friend's favour pulls Hashim into a world he can't escape.
10.00 **The Curious Case Of...** New edition A shared cheesecake leaves a woman near death.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

## True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **UK Crime Files: Murder in the Family** The case of actor Gemma McCluskie, whose body was found in a canal.
8.00 **UK Crime Files: Killer on the Run** The case of Terry Clifton, who murdered two men.
9.00 **UK Crime Files: World's End Murders** The story of two teens who vanished after leaving a pub in 1977.
10.00 **UK Crime Files: Murder of Innocents**
11.00 **UK Crime Files: Getting Away with Murder** True-crime.
12.00 M'T **UK Crime Files: Gangland Hit**
1.00 AM **Donal MacIntyre's Killer Evidence**
2.00 **Bloodline Detectives**
3.00 **Murder Book**
4.00 **to 5.45** AM **Judge Judy**

+1 hour 246 136

## True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
10.45 **Teleshopping**
11.00 **Medical Detectives**
12.00 NOON **Killers: Caught on Camera** Triple bill.
3.00 PM **UK Crime Files: The Head on the Beach** Geoffrey Wansell revisits the case of Lithuanian ex-soldier Vitas Plytnikas.
4.00 **UK Crime Files: Murder: Buried Alive** The story of Stephanie Slater, who vanished in Birmingham in 1992.
5.00 **UK Crime Files: Serial Killer in the Making?** Jackie Malton revisits the case of Alun Kyte, the Midlands Ripper.
6.00 **UK Crime Files: The Female Killer** The murders of three men by Joanne Dennehy.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.00 **to 6.00** AM **Medical Detectives**

## Sky Crime

121/122 111/112 122 349 364

6.00 AM **Stop, Search, Seize**
7.00 **UK Border Force**
8.00 **Road Wars**
9.00 **Caught on Dashcam**
10.00 **Caught Red Handed**
12.00 NOON **Caught on Dashcam** Documentary.
1.00 PM **Charmed by the Devil** Doug Gretzler.
2.40 **Britain's Most Evil Killers**
3.45 **The Real Manhunter**
4.50 **Killer in My Village**
7.00 **Forensics: Catching the Killer** Double bill.
9.00 **Murder Nation** The case of Bethany Correira.
10.00 **The Sleepwalker**
11.45 **Killer in My Village**
12.50 AM **How I Caught the Killer** Larene Austin.
1.55 **Britain's Most Evil Killers**
3.00 **What the Killer Did Next** Nadine Aubras.
4.00 **Brit Cops: Law & Disorder** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1 hour 221/222 322

## PBS America

173 170 187 84 155 49

8.00 AM **A Final Landing on Iwo Jima** As 6.10pm.
9.10 **Pirates: Behind the Legends** Four editions.
1.00 PM **A Final Landing on Iwo Jima** As 6.10pm.
2.10 **Pirates: Behind the Legends** Four editions.
6.10 **A Final Landing on Iwo Jima** A Marine veteran returns to the battlefield.
7.20 **Hitler's Gold** The backing Hitler needed to advance Nazism. **8.25** The Nazi 'economic miracle' that 'solved' unemployment. **9.25** How the Nazis' finances were affected by preparing for and fighting war in Europe. **10.25** The hunt for the Nazi criminals.
11.30 **Weathered: Earth's Extremes**
12.00 M'T **A Final Landing on Iwo Jima** As 6.10pm.
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

# SATURDAY

Saturday

## Sky Nature

124/125 113/114 135 354 369

6.00 AM **Pridelands: Wilderness Reborn** Documentary.
7.00 **Arctic Secrets**
9.00 **Land of Gremlins**
12.00 NOON **Superbeast**
1.00 PM **Chasing the Rains**
4.00 **Accidental Wilderness: Europe's Everglades**
5.00 **Qatar: Pearls in the Sand**
6.00 **David Attenborough's First Life**
8.00 **Deadly Australians**
9.00 **Wolves and Lions: Old Enemies** Featuring direct battles and strategies to steal food.
10.00 **Big Cats Small World** The lives of three rival species – lions, leopards and cheetahs. **11.00** Leopard mum Sephiri chooses between her old family and her new cubs.
12.00 M'T **Deadly Australians**
1.00 AM **Wolves and Lions: Old Enemies** As 9.00pm.
2.00 **Wild Castles**
3.00 **Accidental Wilderness: Europe's Everglades**
4.00 **Great Lakes Wild**
5.00 **to 6.00** AM **Qatar: Pearls in the Sand**

## Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Crimes That Shook Britain**
11.00 **Secrets of Great British Castles** Double bill of editions.
1.00 PM **How to Lose a War**
2.00 **Ancient Aliens**
4.00 **Weird Britain** Double bill.
6.00 **How Disney Built America**
7.00 **Discovered by Disaster**
8.00 **Hazardous History with Henry Winkler** Bone-crushing football and baseball games.
9.00 **Colosseum** Ignatius refuses to pledge his allegiance to the emperor and is forced to travel from Antioch to Rome.
10.00 **Forbidden History** Atrocities carried out in the name of national security.
11.00 **Ancient Aliens** A look into the practice of building pyramids. **12.00** M'T The role extraterrestrials may have played in mankind's progress.
1.00 AM **The Sound and the Fury**
2.00 **World War II: Witness to War**
3.00 **Combat Trains**
4.00 **Crimes That Shook Britain**
5.00 **to 6.00** AM **Looting History**

## Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How Do They Do It?**
2.00 PM **Truth Behind the Moon Landing** Double bill of editions.
4.00 **Alien Highway**
6.00 **How It's Made** Four editions of the series, including at: **7.00** Angle grinders and omnidirectional speakers. **7.30** Making chocolate banana loaves and vending machines.
8.00 **Paranormal Declassified** Paul Beban treks deep into the woods of the Midwest. **9.00** Paul investigates a surge in demonic activity in America.
10.00 **Curse of the Bermuda Triangle** The disappearance of five US Navy planes. **11.00** Theories surrounding a long-lost ship that disappeared in the Bermuda Triangle.
12.00 M'T **In Search of Monsters**
2.00 AM **Expedition X**
4.00 **to 6.00** AM **How Do They Do It?**

+1hr 267 379

## Crime+Investigation

139/140 142 133

6.00 AM **Hometown Tragedy**
8.55 **Court Cam**
3.40 PM **My Strange Arrest**
5.00 **Murdered by Morning**
7.00 **Check-In to Murder**
8.00 **Staged: Deadly Deception** A late night emergency call sparks suspicion.
9.00 **Predator Files** A manipulative predator is tracked after he targets a 12-year-old decoy. **9.30** A last-minute message sends a case in a new direction. **10.00** A trusted figure hides a dangerous double life. **10.30** A man's escalating addiction draws him into a trafficking network.
11.00 **Interrogation Cam** A model is questioned about a deadly encounter with her boyfriend. **11.30** Two teenagers under interrogation turn on each other.
12.00 M'T **Fugitives Caught on Tape**
1.00 AM **I Survived a Crime**
2.00 **I Met My Murderer Online**
3.00 **to 6.00** AM **Hometown Tragedy**

+1hour 256 333

## WILD

165 145 182

8.00 AM **Critter Fixers: Country Vets** Double bill of editions.
10.00 **Secrets of the Zoo**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Europe's New Wild**
4.00 **Hostile Planet** Triple bill.
7.00 **Heartland Docs** The Schroeders scramble to save a border collie after it ate poison.
8.00 **Ghost Elephants** A South African naturalist searches for what he believes to be an undiscovered species of African elephant on the highland plateau of Angola.
10.00 **Incredible Animal Journeys** A polar bear guides her tiny cubs out onto the sea ice, and a caribou escaping wolves tries to save her unborn calf. **11.00** Some of the smallest animals make the most epic journeys of all – flying halfway around the world to find the best place to raise a family.
12.00 M'T **Bizarre Animal Friends**
1.00 AM **Alaska Animal Rescue**
2.00 **World's Weirdest**
4.00 **to 5.00** AM **Yukon Vet**

## Discovery History

161/172 147 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** The formation of a black hole, which is caused by a star's collapse. **7.00** The theory of how the universe came into existence. **8.00** The evolution of galaxies, from clouds of cold gas floating in space 13 billion years ago, to the vast gravitationally bound systems of today.
9.00 **Massive Engineering Mistakes** In Sweden, tragedy strikes as a bridge is destroyed in seconds. **10.00** In California, a dam collapse causes chaos. **11.00** In California, a catastrophe splits one of America's most vital highways.
12.00 M'T **Blowing Up History: Seven Wonders** Investigating seven of America's most iconic modern-day megastructures.
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

## U&Eden

166 134/162 176 57 160 71

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering** A special edition featuring an American ghost town. **3.00** A now-silent site that defended America throughout the 20th century. **4.00** A juggernaut of Soviet engineering that was crucial to the international space race.
5.00 **The Life of Mammals** David Attenborough offers an insight into the most successful animals on the planet. **6.00** David offers an insight into insect-eating animals. **7.00** David observes the feeding habits of herbivores. **8.00** The broadcaster examines the world of rodents, including mice and squirrels, **9.00** The veteran presenter examines the hunting tactics of the world's carnivores.
10.00 **The Life of Mammals**
5.35 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1hour 266 376

## ID

154 140 166

8.00 AM **The Perfect Murder**
12.00 NOON **Hometown Homicide**
4.00 PM **People Magazine Investigates** Four editions.
8.00 **Truth About Murder with Sunny Hostin** The case of 29-year-old Elizabeth Ferrell, whose body was found floating in the Louisiana bayou.
9.00 **Mean Girl Murders** In 1995, Christa Pike was introduced to Satanism. Her fascination with the dark underworld grows until it comes to a deadly head in the woods one night.
10.00 **A Body in the Snow: The Trial of Karen Read** Karen's legal team suggest John may have been killed inside the house. **11.00** At trial, humiliating text messages shock the courtroom. **12.00** M'T Karen anxiously awaits her fate, and the jury delivers an unexpected note.
1.00 AM **The Lake Erie Murders**
2.00 **Evil Online** Double bill.
4.00 **to 6.00** AM **Deadline: Crime with Tamron Hall**

+1hour 254 366

## Discovery Turbo

158 146 180

7.00 AM **Vintage Voltage**
10.00 **Extreme RVs**
11.00 **Extreme Car Hoarders**
12.00 NOON **Guz Khan's Custom Cars** Four editions.
4.00 PM **Bad Chad Customs**
5.00 **Goblin Works Garage**
8.00 **Shed and Buried: Classic Cars** Henry Cole and Fuzz Townshend discover a shed full of rare gems in Bedfordshire, but a Triumph TR6 steals the show. **9.00** Henry and Fuzz stumble upon an extremely rare 1929 Standard Teignmouth pick-up.
10.00 **Richard Hammond's Workshop** In an attempt to win work, Richard and the team enter one of their cars into the UK's most prestigious classic car show contest – the Concours of Elegance. **11.00** Richard's new state-of-the-art workshop is finally open. **12.00** M'T Richard faces the hard reality that the workshop isn't yet making any money.
1.00 **to 4.00** AM **Vintage Voltage**

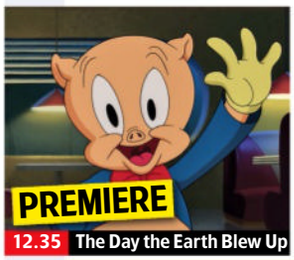
+1hour 258

# Films

## Sky Cinema Premiere

301 301 401 501 515

6.00 AM **PREMIERE Looney Tunes...**
7.40 **Eleanor the Great** Drama. (2025, 12, 98min) ★★★★
9.25 **Seven Snipers** As 4.30pm.
10.55 **Normal** As shown at 8.00pm.
12.35 PM **PREMIERE Looney Tunes: The Day the Earth Blew Up** Animation. (2024, PG, 91min)
2.15 **Song Sung Blue** (2025) ★★★
4.30 **Seven Snipers** Thriller. (2026, 15, 87min) ★★★
6.00 **Heretic** Mystery horror. (2024, 15, 111min) ★★★★




12.35 The Day the Earth Blew Up

**8.00 Normal** Action comedy starring Bob Odenkirk. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.35 Mortal Kombat II** Fantasy adventure sequel starring Karl Urban. Several champions are pitted against one another in the ultimate battle to defeat the dark rule of Shao Kahn. (2024, 15, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Anaconda** Comedy adventure starring Jack Black and Paul Rudd. (2025, 12, 99min) ★★★
1.15 AM **Anemone** Drama starring Daniel Day-Lewis and Sean Bean. (2025, 15, 125min) ★★★
3.25 **Lurker** Thriller with Théodore Pellerin and Archie Madekwe. (2025, 15, 100min) ★★★★
5.10 **to 6.00** AM **Sky Cinema Preview**

## Sky Cinema Box Set

303 303 403 503 517

7.50 AM **Venom** (2018, 15) ★★★
9.50 **Venom: Last Dance** Fantasy. (2024, 15, 110min) ★★★
11.50 **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
2.00 PM **The Karate Kid Part II** Martial arts adventure sequel. (1986, PG, 113min) ★★
4.00 **The Karate Kid: Part III** Martial arts adventure sequel. (1989, PG, 111min) ★
6.00 **The Next Karate Kid** Drama sequel. (1994, PG, 104min) ★★

8.00 The Karate Kid

**8.00 The Karate Kid** Martial arts family drama starring Jaden Smith and Jackie Chan. A 12-year-old American boy relocates to Beijing with his widowed mother and learns kung fu in order to protect himself from a local gang of bullies. With Taraji P Henson. (2010, PG, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.20 Karate Kid: Legends** Martial arts drama sequel starring Jackie Chan, Ben Wang and Ralph Macchio. (2025, 12, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Once Upon a Time in China** Martial arts drama. (1991, 15, 120min) ★★★★★
2.15 AM **Once Upon a Time in China II** Martial arts drama sequel. (1991, 15, 120min) ★★★
4.15 **Cinema List: Epic Storytelling**
4.35 **to 6.30** AM **Once Upon a Time in China III** Martial arts drama sequel. (1993, PG) ★★★

## Sky Cinema Drama

310 310 410 510 524

6.00 AM **Flashdance** Dance drama. (1983, 15, 96min) ★★★
7.40 **True Grit** As 6.05pm.
9.40 **All Is True** As 12.20am.
11.25 **Dreamgirls** Musical with Jamie Foxx. (2006, 12, 130min) ★★★★
1.40 PM **Regretting You** Drama. (2025, 12, 116min) ★★★
3.40 **Molly's Game** Fact-based drama starring Jessica Chastain. (2017, 15, 137min) ★★★★

6.05 **True Grit** Western remake with Jeff Bridges and Hailee Steinfeld. (2010, 15, 110min) ★★★★
8.00 **Rocketman** Biopic starring Taron Egerton and Jamie Bell. Elton John enters an addiction rehabilitation session, and recounts his extraordinary life. (2019, 15, 121min) ★★★★
10.10 **About Time** Romantic comedy fantasy starring Domhnall Gleeson. A young man inherits the ability to time-travel into his past. (2013, 12, 120min) ★★★

12.20 AM **All Is True** Period drama. (2018, 12, 101min) ★★★
2.10 **The Luckiest Man in America** Drama with Paul Walter Hauser. (2024, 15, 90min) ★★★★
3.45 **Plainclothes** Romantic thriller. (2025, 15, 95min) ★★★
5.30 **to 7.15** AM **The Last Rifleman**

## Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.25 AM **Escape from New York** Adventure starring Kurt Russell. (1981, 15, 99min) ★★★★
8.15 **Lake Placid** Horror comedy. (1999, 15, 82min) ★★★★
9.45 **The Crazies** Horror thriller. (2010, 15, 101min) ★★★★
11.30 **Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
1.40 PM **Pacific Rim** Sci-fi adventure. (2013, 12, 126min) ★★★

4.00 **Nosferatu** Horror starring Bill Skarsgård and Lily-Rose Depp. (2024, 15, 132min) ★★★★
6.15 **Gravity** Thriller starring Sandra Bullock and George Clooney. (2013, 12, 91min) ★★★★★
8.00 **Bugonia** Sci-fi comedy thriller starring Emma Stone. (2025, 15, 118min) ★★★★
10.10 **The Exorcist** Horror chiller starring Max von Sydow. A priest battles to exorcise a powerful demon possessing a young girl. (1973, 18, 121min) ★★★★★

12.25 AM **Annabelle: Creation** Horror starring Anthony LaPaglia. (2017, 15, 109min) ★★★
2.20 **Event Horizon** Sci-fi horror. (1997, 18, 96min) ★★★
4.00 **The Cinema List: Trapped**
4.15 **to 6.20** AM **Constantine** Horror thriller. (2005, 15, 121min) ★★★



★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

## Sky Cinema Family

304 304 406 506 519

7.10 AM **Journey 2: Mysterious Island** (2012, PG) ★★★
8.50 **The BFG** (2016, PG) ★★★★
10.55 **E.T. The Extra Terrestrial** Fantasy. (1982, U) ★★★★★
12.55 PM **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★
2.25 **Stuart Little 2** Fantasy sequel. (2002, U, 78min) ★★★★
3.50 **How to Train Your Dragon** Fantasy. (2025, PG) ★★★★
6.00 **Free Willy** Family adventure. (1993, U, 112min) ★★★★

9.25 Scooby-Doo 2

**7.55 Scooby-Doo** Comedy adventure with Freddie Prinze Jr, Sarah Michelle Gellar, Matthew Lillard and Linda Cardellini. (2002, PG, 86min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.25 Scooby-Doo 2: Monsters Unleashed** Comedy sequel starring Freddie Prinze Jr. The Mystery Inc. team face their biggest ever challenge when a masked villain sets loose a series of monsters. (2004, PG, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Charlotte's Web** Adventure. (2006, U, 97min) ★★★
12.40 AM **Teenage Mutant Ninja Turtles** Fantasy adventure. (2014, 12, 101min) ★★
2.25 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy adventure sequel. (2016, 12, 112min) ★★★
4.20 **Sky Cinema Preview**
5.15 **to 7.05** AM **Lemony Snicket's A Series of Unfortunate Events** (2004, PG) ★★★★

## Sky Cinema Action

306 306 407 507 521

7.00 AM **Twilight of the Warriors: Walled In** Crime thriller. (2024, 15, 126min) ★★★
9.15 **The Meg** Action thriller. (2018, 12, 113min) ★★★
11.15 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★
1.35 PM **The Legend of Tarzan** Adventure. (2016, 12) ★★★
3.40 **Bullet Train** Comedy thriller. (2022, 15, 127min) ★★★★
5.50 **Justice League** Adventure. (2017, 12, 120min) ★★

5.50 Justice League

**8.00 xXx** Thriller starring Vin Diesel as a rebellious extreme sports fanatic who is recruited by America's secret services and sent to Prague on a dangerous mission. With Asia Argento and Samuel L Jackson. (2002, 12, 124min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.05 Normal** Action comedy starring Bob Odenkirk. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **The Lord of the Rings: The Fellowship of the Ring** Epic fantasy adventure. (2001, PG, 178min) ★★★★★
2.50 AM **Gladiator II** Historical drama sequel with Paul Mescal. (2024, 15, 148min) ★★★
5.20 **to 7.30** AM **Hellboy II: The Golden Army** Horror fantasy. (2008, 12, 115min) ★★★★

## Sky Cinema Comedy

308 308 408 508 522

7.25 AM **Dumb and Dumberer: When Harry Met Lloyd** Comedy. (2003, 12, 85min) ★
9.05 **American Pie: The Wedding** Comedy. (2003, 15, 96min) ★
10.45 **Zoolander** (2001, 12) ★★★★
12.30 PM **Zoolander 2** Comedy. (2016, 12, 102min) ★★★
2.15 **Uncle Buck** As 3.45am.
4.00 **Hitch** (2005, 12) ★★★
6.00 **Anchorman 2: The Legend Continues** Comedy sequel. (2013, 15, 118min) ★★

6.00 Anchorman 2

**8.00 American Reunion** Comedy sequel starring Jason Biggs and Alyson Hannigan. The group of friends get together some 13 years after leaving high school. With Chris Klein and Tara Reid. (2012, 15, 108min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.55 Anaconda** Action comedy starring Jack Black and Paul Rudd. Two friends encounter a terrifying creature while remaking their favourite movie. (2025, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **You've Got Mail** Romantic comedy starring Tom Hanks. (1998, PG, 114min) ★★★
1.45 AM **Boomerang** Comedy. (1992, 15, 117min) ★★
3.45 **Uncle Buck** Comedy with John Candy. (1989, 12, 94min) ★★★
5.30 **Cinema List: Risky Romance**
5.50 **to 7.25** AM **Bill & Ted's Excellent Adventure** Fantasy. (1988, PG, 87min) ★★★★

## Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Hallow Road** Thriller. (2025, 15, 80min) ★★★★
7.25 **The Fugitive** Action thriller. (1993, 15, 128min) ★★★★★
9.35 **RocknRolla** (2008, 15) ★★
11.40 **Snatch** (2000, 18) ★★★★
1.30 PM **The Bourne Ultimatum** Espionage thriller sequel. (2007, 12, 115min) ★★★★
3.30 **The Bourne Legacy** Thriller. (2012, 12, 129min) ★★★
5.45 **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★

10.35 Along Came a Spider

**8.00 Mulholland Drive** Director David Lynch's surreal thriller starring Naomi Watts and Laura Elena Harring. An aspiring actor befriends a beautiful amnesiac woman and agrees to help her find out who she is. With Justin Theroux. (2001, 15, 146min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

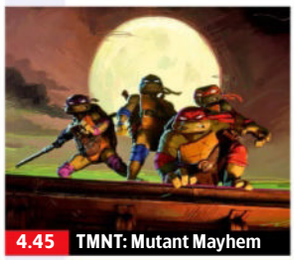
**10.35 Along Came a Spider** Crime thriller starring Morgan Freeman and Monica Potter. A forensic psychologist is called in to solve a kidnapping case. With Michael Wincott. (2001, 15, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Juror #2** Legal thriller starring Nicholas Hoult. (2024, 12, 113min) ★★★★
2.30 **Murder by Decree** Chiller. (1978, 12, 112min) ★★★★
4.45 **to 6.45** AM **Antebellum** Horror starring Janelle Monae. (2019, 15, 105min) ★★

## Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Monkey Business** Comedy. (1952, b/w, U, 97min) ★★★★
12.55 PM **Rat Race** Road comedy. (2001, 12, 112min) ★★★
3.10 **The Mark of Zorro** Adventure remake. (1974, PG, 78min) ★★
4.45 **Teenage Mutant Ninja Turtles: Mutant Mayhem** Animation. (2023, PG) ★★★★
6.50 **My Stepmother Is an Alien** Comedy starring Dan Aykroyd. (1988, 15, 107min) ★★★


4.45 TMNT: Mutant Mayhem

**My Stepmother Is an Alien** (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.00 Twister** Disaster movie starring Helen Hunt and Bill Paxton as an estranged married couple of meteorologists who reunite to chase tornadoes across the American Midwest. (1996, PG, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Midnight Run** Comedy thriller starring Robert De Niro and Charles Grodin. A bounty hunter attempts to bring in an embezzler wanted by both the FBI and the Mob. (1988, 18, 122min) ★★★★
1.50 **to 3.35** AM **Straightheads** British revenge thriller starring Gillian Anderson and Danny Dyer. (2006, 18, 79min) ★

+1hour 314 430 47 301 257

## Sky Cinema Animation

302 302 402 502 516

7.25 AM **The Angry Birds Movie 2** Animation. (2019, U) ★★★
9.10 **Epic Tails** Animated adventure. (2022, U, 95min) ★★★
10.50 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★
12.40 PM **Dr Seuss' The Lorax** Animation. (2012, U) ★★★
2.20 **PREMIERE Looney Tunes: The Day the Earth Blew Up** Animation. (2024, PG, 91min)

4.00 **Minions** Animated comedy. (2015, U, 91min) ★★★★
5.35 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
7.05 **How to Train Your Dragon** Animation. (2010, PG) ★★★★
8.50 **How to Train Your Dragon 2** Animation. (2014, PG) ★★★★
10.40 **Shaun the Sheep Movie** Animation. (2015, U) ★★★★
12.10 AM **A Shaun the Sheep Movie: Farmageddon** Animation. (2019, U, 86min) ★★★★

1.40 **Wallace & Gromit: The Curse of the Were-Rabbit** As 5.35pm.
3.10 **Cinema List: Family Favourites**
3.40 **to 6.05** AM **The Lord of the Rings: The War of the Rohirrim** Animated adventure with the voice of Gaia Wise. (2024, 12, 134min) ★★★★

## Sky Cinema Greats

307 307 404 504 518

7.00 AM **The Hunt for Red October**
9.20 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
11.20 **The Firm** Legal thriller. (1993, 15, 155min) ★★★
2.00 PM **Lethal Weapon** Action comedy thriller with Mel Gibson. (1987, 15, 110min) ★★★★
4.00 **Lethal Weapon 2** Action comedy thriller sequel. (1989, 15, 110min) ★★★★

6.00 **Lethal Weapon 3** Action comedy thriller sequel starring Mel Gibson and Danny Glover. (1992, 15, 118min) ★★
8.00 **Lethal Weapon 4** Action comedy sequel starring Mel Gibson and Danny Glover. The LA cop duo tangle with a gangster from the Hong Kong underworld. (1998, 15, 128min) ★★★
10.10 **Clear and Present Danger** Thriller starring Harrison Ford, Willem Dafoe and Anne Archer. (1994, 12, 141min) ★★★

12.35 AM **Falling Down** Drama. (1993, 18, 115min) ★★★★
2.35 **The Towering Inferno** Disaster movie starring Paul Newman. (1974, 12, 165min) ★★★★
5.30 **to 7.55** AM **The Hunt for Red October** Cold War thriller. (1990, PG, 135min) ★★★★

## Disney+ Cinema

305 305

6.00 AM **Finding Nemo** Animation. (2003, U, 104min) ★★★★★
7.45 **The Lion King** Animation. (2019, PG, 118min) ★★★
9.15 **Cars 2** Animated adventure sequel. (2011, U, 102min) ★★★
11.05 **Ratatouille** Animated comedy. (2007, U, 106min) ★★★★★
1.00 PM **Frozen** Animated musical featuring the voice of Kristen Bell. (2013, PG, 108min) ★★★★

2.45 **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
4.25 **Mary Poppins Returns** Musical. (2018, U, 130min) ★★★★
6.40 **Up** Animated comedy adventure. (2009, U, 96min) ★★★★★
8.15 **Flubber** Fantasy starring Robin Williams. (1997, U, 94min) ★★★
10.00 **Starship Troopers** Paul Verhoeven's sci-fi war drama. (1997, 18, 129min) ★★
12.10 AM **28 Weeks Later** Horror sequel starring Robert Carlyle. (2007, 18, 99min) ★★★★

1.55 **A Real Pain** Comedy drama. (2024, 15, 90min) ★★★★★
3.25 **Duck Tales the Movie: Treasure of the Lost Lamp** Animation. (1990, U, 73min) ★★★
4.45 **to 6.00** AM **Alice in Wonderland** Animated fantasy. (1951, U, 75min) ★★★★

## Movies 24

312 313 419

7.00 AM **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
9.00 **A Harvest Homecoming** Drama. (2023, PG, 85min) ★★
11.00 **The PA and the Manhattan Prince** Romantic drama. (2024, PG, 90min) ★★
1.00 PM **The Greek Aisle** Romantic drama. (2026, PG, 90min) ★★
3.00 **Finding Love in Saint Lucia** Drama. (2023, PG, 90min) ★★

5.00 **Catch of the Day** Romantic drama. (2025, PG, 84min) ★★
7.00 **Home Turf** Comedy starring Nikki DeLoach. The president of a small town American football team is forced to take the players and their coach into her home. (2025, PG, 84min) ★★
9.00 **Destination Love** Romantic comedy drama starring Anna Hutchison and Josh McKenzie. (2021, PG, 90min) ★★
11.00 **Haul Out the Halloween** Comedy. (2025, PG, 84min) ★★

1.00 AM **Sense and Sensibility** Drama starring Deborah Ayorinde. (2024, U, 84min) ★★
3.00 **to 5.00** AM **An Alpine Holiday** Romantic comedy drama. (2025, U, 90min) ★★

Movies 24+ 315/329 314 420

## Talking Pictures

324 445 82 306 36

6.00 AM **Undercover Girl** (1957) ★★
7.20 **Runaround** Game show.
7.50 **Legend of the Hidden City**
8.25 **The Adventures of William Tell**
9.00 **Batman** 21/26. (S3)
9.30 **Hawkeye & the Last of the Mohicans** 15/39. (S1)
10.00 **Captain Scarlet and the Mysterons** 24/32. (S1)
10.30 **Supercar** 5/26. (S1)
11.00 **The Buccaneers** 35/39. (S1)

11.30 **The Adventures of Robin Hood**
12.00 NOON **Inspector Hornleigh** Comedy. (1938, b/w, U) ★★
1.30 PM **Night Train To Paris** Thriller. (1964, b/w, U, 65min) ★★
2.45 **Living in a Metropolis**
3.10 **Whiplash** 29/34. (S1)
3.45 **I'm All Right, Jack** Comedy. (1959, b/w, U, 105min) ★★★
5.50 **Scotland Yard** 7/39. (S1)
6.25 **Dick Turpin** 10/13. (S1)
7.00 **Maigret** 7/13. (S1)
8.00 **The Duchess of Duke Street**
9.05 **Francis Durbridge's Melissa**

11.10 **Eurotrash**
11.45 **Fortean TV**
12.20 AM **One Step Beyond** (S1)
12.55 **Dreamland** Documentary.
2.55 **Roadgames** Australian thriller. (1981, 15, 96min) ★★
5.00 **Dial 999** 12/39. (S1)
5.30 **to 6.00** AM **Honey West**

8 PM
9 PM
10 PM
11 PM

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# SATURDAY Sport



## Sky Sports Main Event

401 401 501 419 439

**6.00** AM **Sky Sports News**
**7.00** **Sky Sports Breakfast**
**10.00** **Sky Sports News**
**11.00** LIVE **The Hundred** MI London v Trent Rockets. Coverage of the women's match at the Oval. Start-time **11.00am**.
**2.00** PM **Gillette Soccer Saturday**
**5.00** LIVE **EFL Cup** Colchester United v Southampton. Coverage of the southern section first-round tie staged at JobServe Community Stadium. Kick-off **5.30pm**.
**7.45** LIVE **Zuffa Boxing** Aaron McKenna v Etinosa Oliha. Coverage of the bout for the vacant IBF world middleweight title held at 3Arena in Dublin.
**11.00** **Sky Sports Catch Up**
**12.00** M'T LIVE **WTA & ATP Tennis** Coverage from day seven of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto.
**4.00** **to 6.00** AM LIVE **MVP Boxing** Cherneka Johnson v Dina Thorslund. The undisputed world bantamweight title bout at Caribe Royale Resort in Orlando, Florida.

## Sky Sports Premier League

402 402 502 420 440

**6.00** AM **PL Greatest Games**
**7.00** **Premier League Best Goals**
**8.00** **Premier League 100 Club**
**9.00** **Premier League Review**
**11.00** **Transfer 360** Double bill.
**12.00** NOON **Soccer Saturday Pre-Match** Build-up.
**2.00** PM **Gillette Soccer Saturday** Previews of the top games and up-to-the-minute scores from around the country.
**6.00** **Premier League Years** A look back at the 2025/26 season.
**8.00** **Premier League Stories**
**8.30** **Cult Heroes** A profile of former Nigerian footballer Yakubu.
**9.00** **Transfer 360** Double bill.
**10.00** **Brazilians in the Premier League** The Brazilian stars who have graced the top flight.
**11.00** **Premier League Years** Classic games, infamous blunders and moments of skill from the 1994/95 season, all set to a specially selected soundtrack.
**1.00** AM **PL Retro** A chance to see Manchester United v Liverpool from the 2008/09 season.
**3.00** **PL Greatest Games**
**4.00** **Premier League Best Goals**
**5.00** **to 6.00** AM **Premier League 100 Club**

## Sky Sports Football

403 403 503 421 441

**6.00** AM **EFL Cup** A first-round game.
**8.00** **EFL Greatest Games**
**8.30** **Best Goals: EFL Cup 25/26**
**9.00** **EFL Cup Highlights**
**9.30** **Championship Season Review**
**10.30** **EFL Cup Highlights**
**11.30** **Best Goals: EFL Cup 25/26**
**12.00** NOON **EFL Cup Highlights**
**12.30** PM **Championship 2025/26**
**1.30** **EFL Cup Highlights**
**2.00** **Gillette Labs Soccer Saturday**
**5.00** LIVE **EFL Cup** Colchester United v Southampton. Coverage of the southern section first-round tie held at JobServe Community Stadium. Kick-off **5.30pm**.
**8.15** **EFL Cup Highlights**
**8.45** **Championship Season Review**
**9.45** **SPFL Round-Up**
**10.15** **EFL Greatest Games**
**11.00** **EFL Cup Highlights**
**11.30** **Best Goals: EFL Cup 25/26**
**12.00** M'T **EFL Cup Highlights**
**12.30** AM **EFL: The Play-Offs at 40**
**2.00** **Celtic's Invincibles**
**3.00** **SPFL Greatest Games**
**3.30** **EFL Greatest Games**
**4.00** **EFL Cup Highlights**
**5.00** **SPFL Highlights**
**5.30** **to 6.00** AM **EFL Greatest Games**

## Sky Sports Cricket

405 405 505 422 442

**6.00** AM **The Hundred** Birmingham Phoenix v SunRisers Leeds.
**9.15** **The Hundred Bitesize**
**10.45** LIVE **The Hundred** MI London v Trent Rockets. Coverage of the women's match at the Oval. Start-time **11.00am**.
**2.00** PM LIVE **The Hundred** MI London v Trent Rockets. Coverage of the men's match held at the Oval. Start-time **2.30pm**.
**5.30** LIVE **The Hundred** Southern Brave v Manchester Super Giants. Coverage of the men's match from Utilita Bowl in Southampton. These two sides last met on just the second day of last season as the hosts claimed a thrilling one-wicket victory in Manchester. Start-time **6.00pm**.
**9.00** **The Hundred Bitesize**
**10.00** **The Hundred** A chance to see MI London v Trent Rockets in the men's competition from Kia Oval.
**1.30** AM **The Hundred Bitesize**
**2.00** **The Hundred** MI London v Trent Rockets in the women's competition at Kia Oval, London.
**5.15** **Best of ICC WT20**
**5.45** **to 6.00** AM **The Hundred Bitesize**

## Sky Sports Golf

406 406 506 423 443

**6.00** AM **Ladies European Tour Golf**
**10.00** **PGA Tour Golf** Highlights.
**1.00** PM LIVE **Ladies European Tour Golf** Coverage of day three of the PIF London Championship at Centurion Club in St Albans.
**5.00** LIVE **PGA Tour Golf** Day three of the Wyndham Championship from Sedgefield Country Club.
**11.00** **Europe! Europe!**
**1.00** AM **Ryder Cup 2023**
**3.00** **PGA Tour Golf** Highlights.
**4.00** **Golf Academy**
**5.00** **to 6.00** AM **School of Golf**

## Sky Sports Tennis

408 408 508 425 445

**6.00** AM **WTA & ATP Tennis**
**2.00** PM **ATP Tour This Week**
**2.30** **Tennis** The Canadian Open.
**5.30** LIVE **WTA & ATP Tennis** Day seven of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto.
**9.30** LIVE **WTA & ATP Tennis** The doubles competitions on the seventh day of the Canadian Open.
**11.00** LIVE **WTA & ATP Tennis** Concluding coverage of the seventh day of the Canadian Open.
**4.00** **to 6.00** AM **WTA & ATP Tennis**

## TNT Sports 1

410 413 521 408 430

**6.00** AM **Men's Cycling**
**7.00** LIVE **Snooker: Chinese Open** The second session from round one at Riverside Sports Centre.
**10.30** LIVE **AFL** Adelaide Crows v Richmond Tigers. Coverage from Adelaide Oval. Bounce-up **10.35am**.
**1.30** PM **MLB Highlights**
**2.30** LIVE **Tour de France Women** Coverage from the eighth stage of the Grand Tour race, a route of 175km from Sisteron to Nice.
**5.45** **Test Cricket Highlights**
**7.45** **TNT Sports Reload**
**8.00** LIVE **UFC** Coverage of the preliminary bouts from UFC Fight Night 284 staged at Meta Apex.
**10.00** LIVE **UFC** Mateusz Gamrot v Quillan Salkilld. Coverage of the lightweight bout from Meta Apex in Las Vegas, plus the undercard for UFC Fight Night 284.
**1.30** AM **Snooker: Chinese Open**
**3.30** **TNT Sports Reload**
**4.00** **to 7.00** AM LIVE **AFL** GWS Giants v Gold Coast Suns. From Corroboree Group Oval Manuka. Bounce-up **4.10am**.

## TNT Sports 2

411 414 522 409 431

**6.00** AM **LIV Golf** From New Jersey.
**7.30** **TNT Sports Reload**
**8.00** **MotoGP Highlights**
**9.00** **MotoGP** Grand Prix of Britain.
**9.30** LIVE **MotoGP** The Grand Prix of Britain Moto3 and Moto2 second free practice sessions.
**11.00** LIVE **MotoGP** The Grand Prix of Britain MotoGP second free practice and qualifying sessions.
**1.45** PM LIVE **MotoGP** The Grand Prix of Britain Moto3 and Moto2 qualifying sessions at Silverstone.
**3.45** LIVE **MotoGP** The Grand Prix of Britain MotoGP sprint race.
**4.45** LIVE **FIM Speedway Grand Prix** Coverage of the race from the eighth round of the season at Riga Speedway Stadium in Latvia.
**8.00** LIVE **MLB** New York Yankees v Atlanta Braves. Coverage of the inter-league match. Start-time **8.05pm**.
**11.00** **CPL Highlights**
**11.30** LIVE **CPL** St Kitts & Nevis Patriots v Trinbago Knight Riders. The T20 match at Arnos Vale Stadium.
**3.45** AM **TNT Sports Cricket Reload**
**4.00** **to 6.00** AM **Test Cricket**

## Sky Sports Action

412 410 510 426 446

**6.00** AM **State of Origin**
**8.30** LIVE **NRL** Dolphins v Brisbane Broncos. Coverage of the match from the 23rd round of fixtures at Suncorp Stadium. Kick-off **8.30am**.
**10.35** LIVE **NRL** South Sydney Rabbitohs v Parramatta Eels. Coverage of the match staged at Allianz Stadium. Kick-off **10.35am**.
**12.35** PM **State of Origin Rugby League Highlights**
**12.50** **My Icon** Kadeena Cox.
**1.00** **NBA Basketball**
**3.00** **NFL Highlights**
**4.00** **Super League Highlights**
**5.00** **NFL Highlights**
**6.00** **NFL Bitesize Highlights**
**7.00** LIVE **Zuffa Boxing** Aaron McKenna v Etinosa Oliha. Coverage of the bout for the vacant IBF world middleweight title held at 3Arena in Dublin.
**11.00** **Zuffa Boxing**
**12.00** M'T **My Icon** Sporting influences.
**1.00** AM **MVP Boxing**
**3.00** **to 6.00** AM LIVE **MVP Boxing** Cherneka Johnson v Dina Thorslund. The undisputed world bantamweight title bout in Florida.

## Sky Sports Sky Sports+

404 404 504 427 447

**6.00** AM **Sky Sports News**
**8.30** LIVE **NRL** Dolphins v Brisbane Broncos. Coverage of the match at Suncorp Stadium. Kick-off **8.30am**.
**10.35** LIVE **NRL** South Sydney Rabbitohs v Parramatta Eels. From Allianz Stadium. Kick-off **10.35am**.
**12.35** PM **Gillette Soccer Saturday**
**2.50** LIVE **EFL Cup** West Ham United v Portsmouth. Coverage of the first-round tie from the London Stadium. Kick-off **3.00pm**.
**5.00** LIVE **EFL Cup** Rotherham United v West Bromwich Albion. The first-round tie at AESSEAL New York Stadium. Kick-off **5.30pm**.
**7.30** **My Icon** Sporting influences.
**7.50** LIVE **International Rugby Union** Argentina v South Africa. Coverage from Estadio José Amalfitani. Kick-off **8.00pm**.
**10.00** LIVE **WTA & ATP Tennis** Coverage from the seventh day's play of the Canadian Open.
**4.00** **to 6.00** AM **WTA & ATP Tennis**

## Sky Sports Mix

416 412 511 429 449

**6.00** AM **EFL Greatest Games**
**6.15** LIVE **NRLW** Cronulla-Sutherland Sharks v Gold Coast Titans. From Ocean Protect Stadium. Kick-off **6.15am**.
**8.15** LIVE **NRLW** New Zealand Warriors v Newcastle Knights. Coverage of the match held at FMG Stadium Waikato. Kick-off **8.15am**.
**10.15** **PL Greatest Games**
**11.00** **NFL Bitesize Highlights**
**12.00** NOON **My Icon**
**12.30** PM **Darts Gold** Archive action.
**1.00** **NFL Highlights**
**2.00** **My Icon** Sporting influences.
**2.25** LIVE **The Hundred** Southern Brave v Manchester Super Giants. Coverage of the women's match at Utilita Bowl in Southampton. Start-time **2.30pm**.
**5.30** **NFL Highlights**
**7.00** **Premier League Darts**
**10.45** **NFL Highlights**
**12.00** M'T **My Icon** Sporting influences.
**12.30** AM **Peter Wright: Double Champ 20 & 22**
**1.00** **Championship Season Review**
**2.00** **My Icon** Johnny Nelson.
**2.30** **Darts Top 5 Moments**
**2.35** LIVE **NRLW** Canberra Raiders v Brisbane Broncos. Coverage of the match at GIO Stadium. Kick-off **2.35am**.
**4.35** **to 6.30** AM LIVE **NRLW** St George Illawarra Dragons v Wests Tigers. Coverage of the match from St George Venues Jubilee Stadium. Kick-off **4.35am**.

## TNT Sports 3

413 415 523 410 432

**7.00** AM **Premier League Stories**
**7.30** LIVE **AFL** Geelong Cats v Essendon Bombers. Coverage from GMHBA Stadium. Bounce-up **7.35am**.
**10.30** **Playing for Our Future**
**10.45** **Men's Cycling** Tour of Poland.
**11.45** LIVE **Cycling** The sixth stage of the men's Tour of Poland.
**3.45** PM **Playing for Our Future**
**4.00** **CPL Highlights**
**4.30** LIVE **LIV Golf** Coverage of the third day of the 11th round of the season at Trump National Golf Club Bedminster in New Jersey.
**10.30** **MLB Plays of the Week**
**11.00** **Training Day** Baseball.
**11.15** **MLB Highlights**
**12.15** AM LIVE **MLB** San Diego Padres v Houston Astros. Coverage of the inter-league match. Start-time **12.15am**.
**3.00** **Men's Cycling** Tour of Poland.
**4.00** **Tour de France Women**
**5.00** **to 6.00** AM **Men's Cycling**

## TNT Sports 4

414 416 524 411 434

**6.00** AM **MotoGP** Grand Prix of Britain.
**6.30** **The Gallagher PREM**
**7.00** LIVE **AFL** Sydney Swans v Port Adelaide Power. From Sydney Cricket Ground. Bounce-up **7.15am**.
**10.00** **Discovery Golf**
**10.30** **LIV Golf** From New Jersey.
**12.00** NOON LIVE **London Premier Padel** The women's semi-finals from the Grand Hall at Olympia.
**4.00** PM LIVE **London Premier Padel** Coverage of the men's semi-finals staged at the Grand Hall at Olympia in London.
**8.00** **MotoGP** Grand Prix of Britain.
**8.30** **CPL Highlights**
**9.00** LIVE **NWSL** Denver Summit v Utah Royals FC. Coverage from Centennial Stadium. Kick-off **9.00pm**.
**11.15** **AFL** Three match replays.
**3.45** AM **Playing for Our Future**
**4.00** **to 6.00** AM **Snooker: Chinese Open**

## Premier Sports 1

419 APP 528

**6.00** AM **Motorsport** Drew Gibson.
**7.00** **FIM Sidecarcross Championship**
**8.00** **FIM Quadcross Championship**
**8.30** **Swedish Speedway**
**10.30** **Bike World** Magazine.
**11.00** **World of FreeSports**
**11.30** **NASCAR Highlights**
**12.30** PM **LaLiga** A match replay.
**2.25** LIVE **Football** Bayer Leverkusen v Sevilla. The pre-season friendly match from BayArena. Kick-off **2.30pm**.
**4.30** **World of FreeSports**
**5.00** **Football** Real Betis v Lyon.
**7.00** **FIM Sidecarcross Championship**
**8.00** **Football** Another chance to see Bayer Leverkusen v Sevilla.
**10.00** **Sporting Countdowns**
**10.30** **LaLiga** Another chance to see Real Madrid v Barcelona.
**12.30** AM **KOTV Weekly**
**1.00** **EUT20 Belgium** The final.
**4.45** **Africa Eco Race**
**5.00** **to 6.00** AM **Indikart Championship**

## Premier Sports 2

420 APP 529

**6.00** AM **NASCAR O'Reilly Series**
**9.00** **Motorsport** Valentino Rossi.
**9.30** **Top 14 Rugby Union** Toulouse v Racing 92 in the first semi-final.
**11.30** **Top 14 Rugby Union** Action from Montpellier v Stade Francais in the second semi-final.
**1.30** PM **Top 14 Rugby Union** Toulouse v Montpellier in the final.
**3.30** **Temples of Sport** Iconic sporting venues from around the globe.
**4.00** **Scottish Cup Football** Another chance to see Rangers v Celtic.
**6.45** **Africa Eco Race** Highlights.
**7.00** **United Rugby Championship** Action from Glasgow Warriors v Bulls in the first semi-final.
**8.50** **United Rugby Championship** Another chance to see Leinster v Stormers in the second semi-final.
**10.50** **United Rugby Championship** Leinster v Bulls in the final.
**1.00** AM **Temples of Sport**
**1.30** **NASCAR** Brickyard 400.
**5.30** **to 6.00** AM **Motorsport**

## Sky Sports F1

407 407 507 424 444

**6.00** AM **Formula 1** Highlights.
**10.00** **GB3 Championship Highlights**
**11.00** **Formula 1** Season highlights.
**3.25** PM **Arvid Lindblad at Edgbaston**
**11.00** **Formula 1** Highlights.
**6.00** LIVE **Indycar** The Grand Prix of Portland second practice session.
**7.30** **Formula 1** Season highlights.
**10.00** **GB3 Championship Highlights**
**11.00** **Indycar** Music City Grand Prix.
**12.00** M'T LIVE **Indycar** The Grand Prix of Portland qualifying session.
**1.30** AM **Cornwall Air Ambulance**
**1.45** **Ollie Bearman Drives Ayrton Senna's Lotus**
**2.00** **to 6.00** AM **The Best of F1**



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# Sunday

9 August

## Planner

LAST ONE

### The Rapture

*THRILLER BBC1, 9pm*

As the drama nears its conclusion, Gabs (Ruth Madeley) and Dick (Iwan Rheon) are racing against the clock to find missing Bethany, who Gabs still believes is innocent.

### Van der Valk

*CRIME DRAMA ITV1, 8pm*

As the Amsterdam-set crime drama continues, Piet (Marc Warren, right) hunts for a missing singer who is the prime suspect in a murder case. Meanwhile, pathologist Hendrik is confronted with his own mortality.

### Richard E Grant's Very Modern Odyssey

*TRAVELOGUE C4, 8pm*

Continuing his grand tour following Odysseus' epic journey home, Richard explores Sicily. He scales a live volcano and cooks alongside a local duchess before performing in an ancient amphitheatre.

### The Chosen in the Wild with Bear Grylls

*REALITY Prime Video*

The adventurer takes some of the cast of biblical drama *The Chosen*, as well as series creator Dallas Jenkins (pictured right with Bear), into the wilderness for epic challenges and conversations about faith.

Sunday

| SKY | EVENING TIME | 7.00PM | 7.30PM | 8.00PM | 8.30PM | 9.00PM | 9.30PM | 10.00PM | 10.30PM |
|---|---|---|---|---|---|---|---|---|---|
| FAVOURITES | 101 BBC1 | 7.00 Countryfile | | 8.00 Antiques Roadshow | | 9.00 The Rapture | | 10.00 News | 10.30 Film: Bridget... |
| | 102 BBC2 | ‹ 6.00 Cricket: The Hundred – Live: London Spirit Men v Birmingham Phoenix Men (Start-time 6.00) | | | | | 9.30 Live at the... | 10.00 Film: Inside Llewyn Davis | |
| | 103 ITV1 | 7.00 Emmerdale | 7.30 Coronation... | 8.00 Van der Valk | | | | | 10.15 Inside Iran: War &... |
| | 104 CHANNEL 4 | 7.00 Gogglebox | | 8.00 Richard E Grant's Very Modern Odyssey | | 9.00 The Piano | | 10.00 Celebrity Gogglebox | |
| | 105 5 | 7.00 The 1970s Diet: Could It Work For You? | | 8.00 Dogs Behaving (Very) Badly | | 9.00 Inside the Four Seasons: Park Lane | | 10.00 When Package Holidays Go Horribly... | |
| | 106 SKY ONE | 7.00 The Simpsons | | 8.00 Rob & Romesh vs Magic in Vegas | | 9.00 Film: Lethal Weapon | | | |
| ENTERTAINMENT | 115 BBC3 | 7.00 EastEnders | | | | 9.00 Film: You're Cordially Invited | | | 10.40 Such... |
| | 116 BBC4 | 7.00 Eisteddfod with Huw Stephens | | 8.00 NYO at the Proms | | | 9.40 The Brontës... | 10.10 The Birthday Party | |
| | 118 ITV2 | ‹ 6.40 Film: Miss Congeniality 2: Armed and Fabulous | | | | 9.00 The Only Way Is Essex | | 10.00 Olivia Attwood: The Price of Perfection | |
| | 136 MORE4 | ‹ 6.55 Four in a Bed | | | | 9.00 Surgeons: Life in Their Hands | | 10.00 24 Hours in A&E | |
| | 135 E4 | ‹ 6.35 Cruising Paradise... | 7.40 Film: Oblivion | | | | | 10.00 Film: American Reunion | |
| | 107 SKY WITNESS | 7.00 Nothing to Declare | | 8.00 Caught on Dashcam | | | | 10.00 Irish Blood | |
| | 108 SKY ATLANTIC | ‹ 6.30 House of the Dragon | | | | | | | 10.15 Gomorrah: The Origins |
| | 110 U&GOLD | ‹ 6.35 Only Fools and Horses | 7.50 Dad's Army | | 8.25 Only Fools and Horses | | 9.35 Gavin & Stacey | | 10.15 The Royle Family |
| | 111 U&DAVE | 7.00 Guy Martin: Proper Jobs | | 8.00 Special Ops: Crime Squad UK | | 9.00 Have I Got a Bit More News for You | | 10.00 QI | 10.40 Mock... |
| | 119 ITV3 | ‹ 6.00 Midsomer Murders | | | | | | 10.00 Vera | |
| | 120 ITV4 | 7.00 Sharpe | | | | | 9.15 Film: Under Siege | | |
| | 112 COMEDY CENTRAL | 7.00 The Best of Mr Bean | | 8.00 Bradley & Barney Walsh: Breaking Dad | | 9.00 Film: The Commitments | | | |
| | 145 SKY SCI-FI | 7.00 Stargate Atlantis | | | | 9.00 Stargate Universe | | | |
| | 143 U&DRAMA | 7.00 Hetty Wainthropp Investigates | | 8.00 Sister Boniface Mysteries | | 9.00 Silent Witness | | | |
| | 109 U&ALIBI | 7.00 Allegiance | | 8.00 Father Brown | | 9.00 Beyond Paradise | | 10.00 The Hunting Party | |
| | 122 SKY ARTS | 7.00 Grand Ole Opry: Opry Live | | 8.00 Dire Straits: Alchemy 1983 | | | | 10.00 Johnson & Knopfler's Music Legends | |
| | 132 U&W | 7.00 Inside the Ambulance | | 8.00 Inside the Operating Theatre | | | | 10.00 Brit Cops Down Under | |
| DOCUMENTARY | 125 DISCOVERY | 7.00 Alaska: Homestead Rescue | | | | 9.00 Air Jaws: Red, White, And Breach | | 10.00 Biggest Mako On Earth | |
| | 162 ANIMAL PLANET | 7.00 How Do Animals Do That? | | 8.00 Treetop Cat Rescue | | 9.00 Alaskan Bush People: Bushcraft... | | 10.00 Tanked | |
| | 129 NAT GEO | 7.00 Hidden Beneath the Cities | | 8.00 Lost Treasures of Ancient Greece | | 9.00 Lost Gold of the Dark Ages: Treasure... | | 10.00 Drain the Oceans: Deep Dive | |
| | 123 SKY HISTORY | 7.00 Ultimate Mysteries | | | | 9.00 Britain's Murder Map with Vicky McClure and Jonny Owen | | | |
| | 155 U&YESTERDAY | 7.00 Operation Gold Rush with Dan Snow | | 8.00 Bangers & Cash | | | | 10.00 Canal Boat Diaries | |
| | 114 SKY DOCS | ‹ 6.45 Film: Going Clear: Scientology and the Prison of Belief | | | | 9.00 Groomed: The Truth Behind the Lie | | 10.00 The Salisbury Poisonings: A Spy Next... | |

‹ Denotes programmes starting before 7.00pm † Regions vary

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# SUNDAY

Sunday

## BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.00 **BBC News** (S)
10.00 **Prayer and Reflection** (S)(R)
10.30 **Pilgrimage: The Road Through North Wales** (S)(R)(AD)
11.30 **Money for Nothing** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
1.50 **FILM Ruby Gillman, Teenage Kraken** Animated fantasy. (S)(AD) (2023, PG, 85min) ★★★
3.15 **Wallace & Gromit: A Grand Day Out** The animated heroes take a trip to the Moon. (S)(R)(AD)
3.35 **The Mating Game** (S)(R)(AD)
4.35 **Homes Under the Hammer** Featuring flats in Shropshire, Kent and Co Durham. (S)(R)(AD)
5.35 **BBC News** (S)
5.50 **Local News** (S)

10.30 Bridget Jones: The Edge of...

**6 PM**

**6.00 Celebrity Escape to the Country**
Singer, musician and actor Chesney Hawkes looks for a rural hideaway in the Cotswolds countryside, and Jules Hudson is on hand to help. (S)(R)(AD)

**7 PM**

**7.00 Countryfile**
New edition Adam Henson meets young farmers in West Sussex, including a soft fruit grower attempting to put his own mark on the family business he has inherited. (S)

**8 PM**

**8.00 Antiques Roadshow**
Fiona Bruce presents the show from Clissold Park in the London Borough of Hackney, where treasures include some pricey whisky bottles and a silver parrot ring. (S)(R)

**9 PM**

**9.00 The Rapture**
Series finale 5/5. CCTV footage raises doubts over Bethany's honesty, and Gabs turns to the Climate Front for help. *See feature, page 7.* (S1) (S)(AD)
■ Entire series on BBC iPlayer

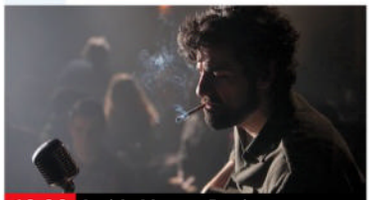
**10 PM**

**10.00 BBC News** (S)
**10.25 Local News** (S)
**10.30 FILM Bridget Jones: The Edge of Reason**
Romantic comedy sequel starring Renée Zellweger, Colin Firth and Hugh Grant. Bridget's blissful new relationship comes under threat when she is thrown together with her caddish ex-boss on a TV assignment to Thailand. (S)(AD) (2004, 15, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.10 AM **Who Do You Think You Are?** With heptathlete Katarina Johnson-Thompson. (S)(R)(AD)
1.10 **Weather for the Week Ahead** (S)
1.15 **to 6.00** AM **BBC News** (S)

## BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.20 AM **A to Z of TV Gardening** (S)(R)
7.05 **Glorious Gardens from Above** (R)
7.50 **Countryfile** (S)(R)
8.50 **Best of Weatherman Walking** New edition Derek explores three well-known castles. (S)
9.20 **Beechgrove Garden** (S)(R)
9.50 **Saturday Kitchen Best Bites** (S)(R)
11.20 **Indian Food Made Easy** (S)(R)
12.20 PM **FILM The Man Who Knew Too Much** Hitchcock thriller with James Stewart and Doris Day. (S) (1956, PG, 115min) ★★★★
2.15 **LIVE Cricket: The Hundred** London Spirit Women v Birmingham Phoenix Women: Coverage of the match at Lord's. The Spirit claimed an 88-run victory when these teams faced each other at Edgbaston last season. Start-time is at 2.30. (S)


10.00 Inside Llewyn Davis

**6.00 LIVE Cricket: The Hundred**
London Spirit v Birmingham Phoenix: Coverage of the men's match from Lord's. The Phoenix won by seven wickets when the teams met at Edgbaston last season, with their captain Liam Livingstone claiming the player of the match award after taking two wickets before scoring 45 off just 20 balls with the bat. Both teams ended the round-robin campaign with three wins and five defeats, but Birmingham finished two places higher in fifth due to their superior net run rate. Start-time is at 6.00. (S)

**9.30 Live at the Apollo**
Lou Sanders hosts the stand-up show from London's Hammersmith Apollo, introducing sets by Celya AB and Neil Delamere. (S)(R)

**10.00 FILM Inside Llewyn Davis**
The Coen Brothers' drama starring Oscar Isaac and Carey Mulligan. An aspiring musician struggles to make a name for himself in the New York folk scene of the early 1960s. With Justin Timberlake. (S)(AD) (2013, 15, 100min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.40 **FILM Lady Macbeth** Drama starring Florence Pugh. (S) (2016, 15, 85min) ★★★
1.05 AM **Sign Zone: Who Do You Think You Are?** Actor Harriet Walter traces her family tree. (S)(R)(AD)
2.05 **Sign Zone: Ann Droid** (S)(R)(AD)
2.35 **Sign Zone: The Devil in the Family – The Fall of Ruby Franke** (S)(R)
3.25 **to 6.30** AM **Previews** (S)

## ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's American Adventure** San Antonio. (S)(R)
7.00 **James Martin's Saturday Morning** With Guy Martin. (S)(R)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** With Sarah Parish. (R)
11.25 **Fern Britton: Inside the Vet's** New edition Andy and Amy's cat needs dental attention. (S)(AD)
12.25 PM **Tom Kerridge Cooks Italy** Tom cooks lamb cutlets. (S)(R)(AD)
12.55 **ITV News** (S)
1.05 **Force of Nature** (S)(R)(AD)
2.05 **FILM The Spy Who Loved Me** James Bond adventure with Roger Moore. (S) (1977, PG, 145min) ★★★
4.30 **The Chase Around the World** The teams land in Paris. (S)(R)(AD)
5.35 **ITV News** (S)
5.45 **Local News** (S)

6.00 Force of Nature

**6.00 Force of Nature**
New edition 3/6. A look at how warming seas exacerbate the challenges of parenthood, with a hurricane hitting a flamingo colony. (S)(AD)
■ Entire series on ITVX

**7.00 Emmerdale**
Charity confronts her abuser, Dawn is left devastated, and Billy has a proposal. (S)(AD)

**7.30 Coronation Street**
Bethany pays a visit to a bruised Sarah in prison. (S)(AD)

**8.00 Van der Valk**
New episode *Hope in Amsterdam:* 2/3. Piet and the team are called in when an environmental campaigner is murdered on the eve of a global conference. Several potential suspects are caught on CCTV, including Cobie Stegenga, a famous singer who went missing and was presumed dead. *See feature, page 11.* (S4) (S)(AD)
■ Entire series on ITVX

**10.00 ITV News** (S)
**10.15 Inside Iran: War & Revolution**
Following protests and military conflict, this documentary reveals how Iranian citizens are risking their lives to share what actually happened inside their country. (S)
11.30 **Inside The Langham: Britain's First Grand Hotel** The CEO arrives in London to inspect the hotel's renovations. (S)(R)(AD)
12.00 M'T **Teleshopping**
3.00 AM **Terror in the Skies: Stopping the Liquid Bomb Plot** (S)(R)(AD)
4.05 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Motorsport UK** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

## CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

5.50 AM **Cheers** 15-17/22. (S1) (S)(R)
7.15 **Everybody Loves Raymond** (S)(R)
8.30 **The Simpsons** (S)(R)(AD)
10.00 **Sunday Brunch** New edition With guests Nick Helm, Delta Goodrem and JB Gill. Plus, music from Holly Humberstone. (S)
1.00 PM **Jamie Cooks the Mediterranean** (S)(R)(AD)
2.00 **Our Farm Next Door: Amanda, Clive and Kids** (S)(R)(AD)
3.05 **Worst House on the Street** A crumbling cottage. (S)(R)(AD)
4.05 **Kirstie and Phil's Love It or List It: Brilliant Builds** A loft conversion in east London. (S)(R)(AD)
4.40 **FILM Sister Act 2: Back in the Habit** Musical comedy sequel starring Whoopi Goldberg, Maggie Smith and Kathy Najimy. (S)(AD) (1993, PG, 115min) ★★

8.00 Very Modern Odyssey

**6.35 News** (S)

**7.00 Gogglebox**
Compilation of highlights from series 27, in which the Gogglebox check out more of the biggest and best TV shows. (S)(R)(AD)

**8.00 Richard E Grant's Very Modern Odyssey**
New edition 2/4. Richard arrives on Sicily, the home of Cyclops, where he cooks with a Duchess in Palermo and climbs a volcano. (S)(AD)

**9.00 The Piano**
New edition Claudia Winkleman and Mika are joined by acclaimed pianist Alice Sara Ott as the search for Britain's best amateur pianists continues in Manchester. (S)(AD)

**10.00 Celebrity Gogglebox**
Some of Britain's best-known personalities appraise *Race Across the World, Faking It, Celebrity Bridge of Lies* and *Big Zuu and AJ Tracey's Rich Flavours.* (S)(R)(AD)
11.00 **FILM How to Have Sex** Coming-of-age drama starring Mia McKenna-Bruce. (S) (2023, 15, 110min) ★★★★
12.50 AM **FILM Old** M Night Shyamalan's horror. (S) (2021, 15, 105min) ★★
2.35 **Ramsay's Hotel Hell** (S)(SL)(R)
3.25 **Couples Come Dine with Me** (R)
4.15 **Fur Babies** (S)(SL)(R)(AD)
5.10 **The Dog House** (S)(R)(AD)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252



(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

## 5

105 105 | 105 | 5 | 105 | 105 | 5

**5.35** AM **Milkshake!**
**9.05** **Entertainment News** (S)
**9.10** FILM **PAW Patrol: The Mighty Movie** Animated adventure. (S) (2023, U, 110min) ★★★
**11.00** **Happy Campers: The Caravan Park** Documentary. (S)(R)
**12.00** NOON **Cruising with Susan Calman** Double bill. (S)(R)
**2.00** PM **Jane McDonald in Nashville** 1/2. Exploring the Tennessee capital. (S)(R)(AD)
**3.00** 2/2. A visit to the famous Bluebird Café. (S)(R)(AD)
**4.00** LIVE **UK's Strongest Man: The Final** Coverage of the final from Braehead Arena in Glasgow, featuring the truck pull, farmer's walk, motorbike Viking press, dragon egg stone and truck load. (S)

4.00 UK's Strongest Man: The Final

**6.55** **News** (S)

**7.00** **The 1970s Diet: Could It Work For You?** 2/2. Josie Gibson joins a disco-inspired dance class that soared in popularity across the decade, and enjoys a fish-and-chip supper. (S)(R)

**8.00** **Dogs Behaving (Very) Badly** Graeme Hall travels to Essex to help bring peace to a dog-friendly pub, where a Doberman's behaviour keeps riling up the regulars. (S)(R)

**9.00** **Inside the Four Seasons: Park Lane** New edition 2/5. Concierge manager Adam juggles a 200-guest wedding and a golden anniversary party at Four Seasons Hampshire. (S)

**10.00** **When Package Holidays Go Horribly Wrong** Tales of disasters on vacations, including a family whose Benidorm hotel room looked like a horror film set, and a man who found a huge lizard in the toilet during a Thai tour. (S)(R)

**11.35** **A Very British Sex Scandal: The Earl & the Escort** (S)(R)
**1.00** AM **Teleshopping** (S)(R)
**2.00** **GPs: Behind Closed Doors**(R)
**2.50** **Tom Read Wilson's Grand Tour**
**3.45** **Friends** (S2&3) (S)(R)(AD)
**4.30** **Yorkshire with Jane McDonald**
**5.25** **to 5.35** AM **Entertainment News**

+1 hour 205 | 305 | 38 | 128 | 253

## SKY ONE

106 106 | 109 | 346 | 361

**6.00** AM **S.W.A.T.** (S1) (S)(R)(AD)
**8.45** **A Cheetah's Pride** (S)(R)
**9.45** **Macaque Island** (S)(R)
**10.45** LIVE **Cricket: The Hundred** SunRisers Leeds Women v Welsh Fire Women: Coverage from Headingley Cricket Ground. Start-time is at 11.00.
**2.00** PM **The Simpsons** (S)(R)
**4.00** **Best Medicine** 10/13. Martin treats an elderly woman whose hallucinations lead to dire consequences. (S1) (S)(R)
**5.00** **Animal Control** New episodes 9/12. Frank and Templeton compete for Animal Control Officer of the Year. (S)
**5.30** 10/12. When Frank and Daisy lose $5,000 in union funds, they try to win the money back by gambling. (S4) (S)

5.00 Animal Control

**6.00** **Animal Control** New episode 11/12. A movie star shadows Frank for an upcoming film role. (S)
**6.30** Series finale 12/12. Emily and Shred's romance is exposed. (S4) (S)

**7.00** **The Simpsons** *When Flanders Failed:* Ned Flanders opens a shop for left-handed customers. (S)(R)
**7.30** *Bart the Murderer:* Bart becomes Fat Tony's personal errand boy. (S)(R)

**8.00** **Rob & Romesh vs Magic in Vegas** The comedians are invited join Penn & Teller's show in Las Vegas and have just three days to pull their act together. (S)(R)(AD)

**9.00** FILM **Lethal Weapon** Action thriller starring Mel Gibson and Danny Glover. LA police detective Roger Murtaugh, a 50-year-old family man, is alarmed to be partnered with volatile cop Martin Riggs, but he comes to see the benefit of having a 'lethal weapon' at his side when they take on a vicious drugs ring. (S) (1987, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

**11.00** **Tom Davis: Underdog** Stand-up performance, with the comedian covering topics such as leaving school with no qualifications and the difficult road to fatherhood. (S)(R)
**12.15** AM **La Brea** (S2) (R)(AD)
**2.15** **The Walking Dead: Dead City** 2/8. Maggie begins a trek to New York. (S2) (S)(R)(AD)
**3.10** **Road Wars** (S)(R)
**5.00** **to 6.00** AM **Highway Patrol** (R)

## LOCAL VARIATIONS

### BBC1

**SCOTLAND**
Sky 964, Virgin 862, Freesat 964
**12.10am** Sportscene: Premiership Highlights (S) (R) **1.25** Weather for the Week Ahead (S) **1.30-6.00am** BBC News (S)

**N. IRELAND**
Sky 966, Virgin 863, Freesat 966
No variations

**WALES**
Sky 965, Virgin 864, Freesat 965
**4.35pm** Scam Interceptors (S)(R) **5.05-5.35** Our Lives (S)(R) **6.00-7.00pm** NEW Eisteddfod with Huw Stephens (S)

### BBC2

**N. IRELAND**
Sky 969, Freesat 969
No variations

**WALES**
Sky 968, Freesat 968
No variations

### ITV1

No variations

### S4C

Sky 134, Virgin 164, Freesat 120
**6.00am** Cyw **9.00** Y Cosmos **10.00** Gwesty Aduniad **11.00** Eigra **11.30** Cartrefi Cymru **12.00noon** Natur Cymru **1.00pm** Yr Afon **2.00** Iaith ar Daith **3.00** Priodas Pum Mil **4.05** Arfordir Cymru: Sir Benfro (AD) **4.40** Arfordir Cymru: Sir Benfro (AD) **5.10** Y Fets **6.10** Ralïo+ **6.45** Ras Yr Wyddfa **7.45** Newyddion a'r Tywydd **8.00** Am Dro! **9.00** Cynefin **10.00** Y Babell Lên **10.30** Tabw **11.00-11.35pm** Cymoedd Roy Noble

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## BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

**7.00** PM **EastEnders** Peter's suspicions about Lauren grow, and a revelation leaves Ross furious. **7.30** Ravi pushes Priya for answers about her mystery man, and Lauren tries to deflect Peter's questions. **8.00** Sheila puts her plan into action, and Mark tries to win Lauren's attention. **8.30** Sheila faces mounting pressure, and Mark clashes with Max over Lauren.
**9.00** FILM **You're Cordially Invited** Comedy starring Will Ferrell and Reese Witherspoon. Two different wedding parties discover they have been accidentally booked on the same day at the same dream venue. (2025, 15, 109min) ★★★
**10.40** **Such Brave Girls** 1-6/6. Another chance to see series one of the comedy starring Kat Sadler. (S1)
**1.20** AM **Things You Should Have Done** 4-6/6. (S2)
**2.50** **to 3.50** AM **BBC New Comedy Awards**

## MORE4

136/137 127 | 147 | 18 | 124 | 15

**8.55** AM **A Place in the Sun**
**3.50** PM **Come Dine with Me** Nursing manager Sarah hosts the first night in Leeds. **4.20** Would-be clairvoyant Janet hosts night two. **4.50** Record label owner Phil hosts the third night. **5.20** Painter and decorator Alex hosts the fourth night. **5.50** Bridal shop owner Abbi hosts the final night.
**6.25** **Four in a Bed** The week's competition kicks off at the Fox and Hounds in Dorset.
**6.55** **Four in a Bed** The rivals head to Milberry Green Meadows in Surrey. **7.25** The B&Bers head to the Lord Bute in Dorset for the week's third visit. **7.55** The week's final visit at The Pocklington in Leicester. **8.30** Payment Day arrives.
**9.00** **Surgeons: Life in Their Hands** Documentary following the patients and staff at Royal Prince Alfred Hospital in Sydney, Australia. Actor James is diagnosed with multiple aneurysms.
**10.00** **24 Hours in A&E** A 60-year-old rail worker is airlifted in after being hit by a high-speed train.
**11.00** **24 Hours in A&E**
**12.05** AM **Surgeons: Life in Their Hands** As 9.00pm.
**1.05** **24 Hours in A&E**
**3.15** **to 3.45** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

## BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

**7.00** PM NEW **Eisteddfod with Huw Stephens** Highlights from the festival held in Llantwd, Pembrokeshire.
**8.00** NEW **NYO at the Proms** The National Youth Orchestra in Berlioz's *Symphonie fantastique*.
**9.40** **The Brontës Lived Here: Writers' Houses** Margaret Drabble visits the childhood home of the Brontës.
**10.00** NEW **Lady Antonia Fraser Remembers ... The Birthday Party** The author reflects on her late husband Harold Pinter's play.
**10.10** **The Birthday Party** A 1987 adaptation of Harold Pinter's acclaimed play starring Joan Plowright and Robert Lang. It is Stanley's birthday, but the party that is thrown for him is not quite what he was expecting.
**11.55** **Arena: Harold Pinter – Part 1: The Room**
**12.55** AM **Arena: Harold Pinter – Part 2: Celebration**
**1.55** **to 3.35** AM **NYO at the Proms**

## E4

135/136 126 | 106 | 13 | 122 | 13

**6.00** AM **Hollyoaks Omnibus**
**7.10** **The Great Australian Bake Off** Series finale
**8.30** FILM **Ron's Gone Wrong** Animated comedy with the voice of Zach Galifianakis. (2021, PG, 107min) ★★★★
**10.40** **Ramsay's Kitchen Nightmares USA**
**2.35** PM **The Simpsons**
**6.35** **Cruising Paradise: Above and Below Deck** The *Star Princess* drops anchor at Amber Cove in the Dominican Republic.
**7.40** FILM **Oblivion** Epic sci-fi adventure starring Tom Cruise, Olga Kurylenko and Andrea Riseborough. A solitary drone repairman on a post-apocalyptic future Earth discovers that his world isn't what is seems. (2013, 12, 119min) ★★★★
**10.00** FILM **American Reunion** Comedy sequel starring Jason Biggs and Alyson Hannigan. The group of friends get together some 13 years after leaving high school. With Eugene Levy. (2012, 15, 108min) ★★
**12.15** AM **Gogglebox 2022** Memorable moments featured on the show over the course of 2022.
**2.20** **Below Deck: Mediterranean**
**4.00** **Brooklyn Nine-Nine**
**4.25** **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 | 306 | 30 | 123 | 256

Sunday primetime

# SUNDAY Entertainment

Sunday

## Sky Witness

107 107 110 341 356

6.00 AM **Caught Red Handed**
8.00 **A1: Britain's Longest Road**
9.00 **Customs UK**
10.00 **Stop, Search, Seize**
11.00 **Border Patrol**
12.00 NOON **Customs UK**
1.00 PM **UK Border Force**
2.00 **Nothing to Declare** Ten editions, including at: **5.30** A Chinese bulk carrier docks in Newcastle. **6.00** A couple's travel itinerary raises alarm bells. **6.30** A drug dog takes an interest in a passenger's bag.

10.00 Irish Blood

**7 PM**
7.00 **Nothing to Declare** Officers stop a man wearing unusual jewellery. **7.30** A man is caught out by the drug detector dog.

**8 PM**
8.00 **Caught on Dashcam** New edition Road disasters captured on video by drivers' dashboard cameras.

**9 PM**
9.00 **Caught on Dashcam** Outrageous road disasters, captured in video form by drivers' in-vehicle dashboard cameras.

**10 PM**
10.00 **Irish Blood** *Turbo:* 6/6. Fiona exposes the truth behind the sabotage of a car rally and its tragic consequences. (S1)
11.00 **Law & Order: Criminal Intent**
12.00 M'T **FBI** 5&6/19. (S2)
2.00 AM **Law & Order: Special Victims Unit** New episode 12/21. Crime drama. (S27)
3.00 **Brit Cops: Law & Disorder**
4.00 **FBI: Most Wanted** 5/14. (S1)
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

## Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **House of the Dragon** (S2)
12.30 PM **House of the Dragon** Six episodes, including at: **3.00** 2/8. Alicent risks everything to fulfill her end of the bargain. **4.10** 3/8. Rhaenyra learns the situation in King's Landing is not what she anticipated. **5.15** 4/8. Rhaenyra finds herself forced into a corner. **6.30** 5/8. Daemon tries to control the spiraling situation in King's Landing. (S3)

12.15 Homicide: Life on the Street

7.45 **House of the Dragon** *Faceless Men:* 6/8. While Rhaenyra and Daemon focus on how best to deal with Ormund, tensions among their neglected allies begin to erupt.

9.00 **House of the Dragon** 7/8. *Game of Thrones* prequel following the story of House Targaryen. Stars Matt Smith. (S3)

10.15 **Gomorrah: The Origins** 3/6. Angelo makes a pact and gets help from Pietro to put his plan into action. Subtitled. (S1)
11.15 **Gomorrah: The Origins** 4/6. Angelo is put in danger. (S1)
12.15 AM **Homicide: Life on the Street** 13&14/22. (S4)
2.00 **House of the Dragon** Series finale 8/8. (S3)
3.20 **Billions** 7/12. (S1)
4.20 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

## ITV2

118 122 115 6 113 6

6.00 AM **Deal or No Deal**
7.00 **In for a Penny**
8.05 **Dress to Impress**
9.05 **The Only Way Is Essex**
11.05 **Deal or No Deal**
1.10 PM **Celebrity Catchphrase**
2.15 **FILM Sonic the Hedgehog 2** Adventure comedy sequel starring James Marsden. (2022, PG, 122min) ★★★
4.35 **FILM Johnny English Reborn** Comedy sequel starring Rowan Atkinson. The secret agent tries to stop an assassination. (2011, PG, 101min) ★★★

4.35 Johnny English Reborn

6.40 **FILM Miss Congeniality 2: Armed and Fabulous** Comedy sequel starring Sandra Bullock. An FBI agent becomes a media celebrity, until the kidnapping of her friend reawakens her crime-fighting instincts. (2005, 12, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Only Way Is Essex** New edition Junaid decides it's time to set the wheels in motion with a huge life decision.

10.00 **Olivia Attwood: The Price of Perfection** 1/6. Olivia meets celebrities owning their surgery wins, regrets and freebies.
11.00 **Family Guy** 6/21. Quagmire looks after a baby. (S8)
11.30 **Family Guy** 6/16. (S7)
12.00 M'T **American Dad!** (S16)
1.05 AM **Plebs** 1/8. (S3)
1.30 **Changing Ends** 1/6. (S3)
2.00 **Deal or No Deal**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

## ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
6.35 **A Touch of Frost**
8.50 **Doc Martin** 6/8. (S8)
9.50 **Lewis** *The Indelible Stain.*
11.50 **Agatha Christie's Marple**
2.00 PM **Midsomer Murders** *Fit for Murder:* Barnaby investigates murders at a country house. Guest stars Ronni Ancona. **4.00** *Death in the Slow Lane:* A DJ judging a classic-car show is crushed to death. **6.00** *The Dark Rider:* Barnaby investigates reports of a headless horseman.

11.50 Agatha Christie's Marple

**Midsomer Murders** (started at 6.00pm)

8.00 **Midsomer Murders** *Murder of Innocence:* A barrister is killed with a lethal dose of morphine and suspicion falls on an ex-convict who has recently returned to the village where he committed murder years earlier.

10.00 **Vera** *Tuesday's Child:* The detective investigates the discovery of a homeless young man's body in an area notorious for illicit teenage gatherings.
11.50 **Wycliffe** 1/6. Charles reassesses his future. (S5)
12.55 AM **Trigger Point** 6/6. Lana uncovers the truth. (S3)
1.55 **George and Mildred**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

## ITV4

120 124 118 26 117 21

6.00 AM **Auto Mundial**
6.30 **Motorsport Mundial**
7.00 **The Big Match Revisited**
9.00 **EFL Cup Highlights** The first-round ties, including Burnley v Notts County and Norwich City v MK Dons.
10.30 **LIVE British Touring Car Championship** Nicki Shields presents coverage of the 16th, 17th and 18th races of the season from Knockhill.
6.00 PM **Aussie Pickers** Featuring a memorable collection of Aussie memorabilia.

9.15 Under Siege

7.00 **Sharpe** *Sharpe's Sword:* 3/3. Sent by Munro to kill a French colonel, Sharpe is wounded in battle and hovers at death's door – but Harper and a mute nun set about nursing him back to health. (S3)

9.15 **FILM Under Siege** Action thriller starring Steven Seagal as a ship's cook tackling terrorists on board a battleship loaded with nuclear weapons. With Tommy Lee Jones, Gary Busey and Erika Eleniak. (1992, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **The Summit Australia** New edition 6/8. As the challenge continues, Sam's betrayal costs the group more than time and money.
12.30 AM **The Professionals**
1.30 **Two and a Half Men** (S4)
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

## BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** The latest top-flight action, featuring Hearts v Dundee United, Kilmarnock v Celtic and Rangers v Hibernian.
8.30 **Our Lives: Seeing with Sound** Blind pianist Ethan Loch considers a professional career.
9.00 **Paramedics on Scene** New edition 7/10. A woman's mobility scooter plunges down an embankment.
10.00 **Still Game** *Brief:* 4/9. Jack and Victor acquire a car. (S2)
10.30 **Scot Squad** 3/6. Singh and McKirdy gallantly help out a hen do. (S4)
11.00 PM **to 12.00** M'T **City Lights: Pure Dead Brilliant** A celebration of the Scottish comedy.

## Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S7)
10.30 **Hitmen: Reloaded** (S2)
1.00 PM **Hitmen: Reloaded**
1.30 **Community** (S1)
4.00 **Will & Grace** (S3)
6.30 **The Office (US)** 18/19. Part one of two. Phyllis puts on a huge bash for Toby's goodbye party. **7.00** 19/19. Part two of two. Andy publicly asks Angela to marry him. (S4) **7.30** 1/28. Part one of two. The staff go on diets. **8.00** 2/28. Part two of two. Andy plans his wedding to Angela. **8.30** 3/28. Holly holds a seminar on ethics. (S5)
9.00 **Rob Beckett: Wallop**
10.15 **Alex Edelman: Just for Us** Stand-up show.
11.50 **Sarah Silverman: Someone You Love**
1.05 AM **Ellie Taylor: Palavering!** Stand-up.
2.00 **NEW SERIES Warren's Vortex** 1&2/6. (S1)
3.00 **The Comeback** (S3)
3.35 **to 5.00** AM **Sort Of**

## Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Bregenz: Madama Butterfly** A production of Puccini's opera.
8.20 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **The Very Best of Peter Sellers**
2.10 **Voices of the Valleys**
3.10 **André Rieu: Dancing Through the Skies**
5.00 **Jeff Beck: Live in Tokyo**
7.00 **Grand Ole Opry: Opry Live** New edition With Reba McEntire, Kathy Mattea, Suzy Bogguss, Terri Clark and Trisha Yearwood.
8.00 **Dire Straits: Alchemy 1983** Concert film.
10.00 **Johnson & Knopfler's Music Legends**
11.00 **Motorhead: Louder Than Everything Else**
12.30 AM **Deep Purple: Perfect Strangers**
3.00 **Oasis: There and Then**
4.55 **to 6.00** AM **Classic Albums**

## Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
7.00 **Border Security: America's Front Line**
9.00 **UK Border Force**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Police 24/7**
4.00 **Wildlife ER**
5.00 **The Kimberley: Australia's Wild West**
6.00 **Wolves and Lions: Old Enemies** Documentary.
7.00 **Caught Red Handed** Detectives trail a burglar who is amongst the most callous they have ever encountered. **7.40** Fly-tippers leave clues among the rubbish dumped at a beauty spot. **8.20** Two offenders take a bus for a joyride.
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

## ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Celebrity Catchphrase**
2.00 **Tenable** Quiz show.
3.00 **The Chase Celebrity Special** Lance Ellington, Beth Tweddle, Bob Champion and Sally Lindsay take part.
4.00 **Ridiculous** Quiz show.
5.00 **Deal or No Deal**
6.00 **Lingo** Two sisters and a mother and daughter take on the champions. **7.00** Two friends and a mother and daughter take on the champions.
8.00 **Celebrity Catchphrase** With Joe Swash, Joanna Page and Angellica Bell.
9.00 **The Chase Celebrity Special** Len Goodman, Nicki Chapman, Will Kirk and Joe Pasquale compete for charity.
10.00 **Tipping Point** Triple bill.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

## 4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **Location, Location, Location** West Country.
3.00 **Grand Designs**
4.00 **A Place in the Sun**
8.00 **Dover 24/7: Britain's Busiest Port** Border Force officers are on the hunt for illegal meat.
9.00 **Gogglebox** Compilation of memorable moments from series 27.
10.00 **8 Out of 10 Cats Does Countdown** With Katherine Ryan, Fatiha El-Ghorri, Jake Lambert and the Brett Domino Trio.
11.05 **Greg Davies: The Back of My Mum's Head** Stand-up comedy performance from The Lowry in Salford.
12.05 AM **24 Hours in A&E**
1.10 **The Body Detectives**
2.20 **Crime Scene Cleaners**
3.30 **Gogglebox**
4.20 **to 4.50** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**



★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

## Sky Sci-Fi

145 114/115 140 348 363

**6.00** AM **Most Haunted**
**8.00** **Teleshopping**
**11.00** **Stargate SG-1** Five episodes of the series, including at: **3.00** PM 3/20. A Russian Air Force colonel joins the Stargate Command. (S8)
**4.00** **Stargate Atlantis** 4/20. A crystalline entity invades the dreams of the crew members. **5.00** 5/20. Sheppard is captured by a race of human travellers. With Jill Wagner. **6.00** 6/20. A deadly virus causes amnesia in everyone but Teyla and Ronon. (S4)

7.00 Stargate Atlantis

**7.00** **Stargate Atlantis** *Missing:* 7/20. Teyla and Dr Keller find themselves on the run from a primitive tribe of warriors.
**8.00** **Stargate Atlantis** *The Seer:* 8/20. The team meet a extraordinary prophet named Davos. Guest stars Martin Jarvis. (S4)
**9.00** **Stargate Universe** *Human:* 14/20. Rush attempts to find the code needed to control the *Destiny*'s flight path. (S1)
**10.00** **Stargate Universe** *Lost:* 15/20. Scott, Eli and Chloe try to pick up a signal from the *Destiny* before it leaves the galaxy. (S1)
**11.00** **Grimm** 21/22. Black Claw tighten their grip on Portland. **12.00** M'T 22/22. Black Claw makes a strategic move against Hank. (S5) **1.00** AM 1/13. Captain Renard claims power as the mayor-elect of Portland. (S6)
**2.00** **The Walking Dead** (S7)
**4.00** **to 6.00** AM **Most Haunted**

## U&Alibi

109/110 120/130 114 343 358

**7.45** AM **Murdoch Mysteries** (S16)
**10.40** **Maisie Raine** 3&4/6. (S1)
**12.40** PM **Father Brown**
**2.40** **Miss Scarlet** 5/6. Dylan Cooper is arrested and held in the cells at Scotland Yard. **3.40** 6/6. The death of a foreign ambassador sparks political intrigue. (S6)
**4.40** **Bookish** 1/6. Detective drama set in post-war London, starring Mark Gatiss. **5.50** 2/6. Bliss and Book's investigation into Harkup's death continues. (S1)

4.40 Bookish

**7.00** **Allegiance** *Mercy's End:* 10/10. When a body washes up on the beach, Sabrina is convinced it's not a suicide. (S2)
**8.00** **Father Brown** *The Kembleston Olimpicks:* Rivalries escalate to murderous heights at the Kembleston Olimpicks.
**9.00** **Beyond Paradise** 5/6. On a moor outside of Shipton Abbott, a woman is found with an arrow through her shoulder. (S2)
**10.00** **The Hunting Party** *Adrian Gallo:* 2/13. The team hunt Adrian Gallo, a killer who preserved his victims in acrylic resin. (S2)
**11.00** **CSI: Vegas** 9/10. The team look into the eccentric world of sideshows when some performers are found dead. **12.00** M'T 10/10. David Hodges goes missing. (S1)
**1.00** **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

## U&Gold

110/111 121/131 124 344 359

**7.20** AM **Only Fools and Horses**
**12.55** PM **Only Fools and Horses** Six episodes, including at: **4.10** A retired jeweller offers Del Boy the deal of a lifetime – then suddenly has a heart attack and gets taken to hospital with the merchandise still in his briefcase. **5.25** Rodney wins a holiday at a five-star hotel in Majorca, but cannot understand why the trip is for three people. **6.35** Del's mother apparently makes contact during a seance at the Nag's Head.

9.35 Gavin & Stacey

**7.50** **Dad's Army** The platoon boost their fighting strength by acquiring an armoured car.
**8.25** **Only Fools and Horses** Rodney ties the knot with Cassandra, while Del tries to dodge a bashing from the Driscoll brothers.
**9.35** **Gavin & Stacey** The day of Gavin and Stacey's wedding arrives, while Nessa debates whether to share her big secret.
**10.15** **The Royle Family** Denise tries on her wedding dress. **10.55** The family celebrate Jim's birthday.
**11.30** **Only Fools and Horses** Del Boy becomes a yuppie. **12.35** AM Del Boy gets his hands on a consignment of self-inflating dolls.
**1.40** **Am I Being Unreasonable?**
**3.30** **to 4.00** AM **The Royle Family**

+1 hour 210/211 324

## U&Dave

111/112 130/132 127 19 157 19

**7.10** AM **Top Gear**
**8.00** **Yukon Gold** Double bill.
**10.00** **Red Bull Soapbox**
**1.00** PM **Mortimer & Whitehouse: Gone Fishing** Triple bill.
**3.00** **The Hairy Bikers' Chicken and Egg** Double bill.
**5.00** **Would I Lie to You?** With Chris Addison, Joanna Page, John Bishop and Patsy Palmer.
**5.40** **Would I Lie to You? – The Unseen Bits** Compilation.
**6.20** **Would I Lie to You?** With Rebecca Front, Jack Whitehall, Nick Hewer and Miranda Hart.

7.00 Guy Martin: Proper Jobs

**7.00** **Guy Martin: Proper Jobs** Guy takes on the job of working as a deckhand on a fishing trawler.
**8.00** **Special Ops: Crime Squad UK** Gwent Police tackle the impact of drugs on their community by taking down a violent gang.
**9.00** **Have I Got a Bit More News for You** Martin Clunes hosts, with guests Steph McGovern and Armando Iannucci.
**10.00** **QI** With guest panellists Rich Hall, Josie Lawrence and John Sessions.
**10.40** **Mock the Week** With Gary Delaney, Nish Kumar, Tiff Stevenson and Josh Widdicombe.
**11.20** **Mock the Week**
**12.00** M'T **Live at the Apollo**
**2.00** AM **QI XL**
**3.05** **to 4.00** AM **Parks and Recreation**

+1 hour 211/212 327 74 259

## U&Drama

143 132/134 116 20 158 20

**7.10** AM **The Bill** Five episodes.
**12.00** NOON **Call the Midwife**
**2.40** PM **Catherine Cookson's The Round Tower** Feature-length drama set in the 1950s, starring Emilia Fox as a teenager who is disenchanted with her privileged upbringing. With Keith Barron, Jan Harvey Denis Lawson and Ben Miles.
**5.55** **Home Fires** 6/6. The village prepares for Nick and Teresa's wedding as the Battle of Britain draws to an end, while Pat has a decision to make as Marek prepares to leave. (S2)

5.55 Home Fires

**7.00** **Hetty Wainthropp Investigates** *All Stitched Up:* 1/9. Hetty tries to expose an arsonist. (S3)
**8.00** **Sister Boniface Mysteries** *Never too Deadly to Die:* 1/10. A screen-testing star for a new film is murdered. (S3)
**9.00** **Silent Witness** *Close to Home:* When the body of a missing teenager is discovered, ambitious DCI Claire Ashby is committed to proving the guilt of her main suspect, a local locksmith.
**11.20** **New Tricks** *Dead Man Talking:* The team reinvestigate the death of wealthy financier Douglas Anderson. Guest starring David Bradley.
**12.40** AM **Call the Midwife** (S11)
**2.00** **2point4 Children** (S3)
**3.00** **to 4.00** AM **Hotel Portofino**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

## 5USA

141/169 129 120/162 21 129 29

**9.00** AM **Entertainment News**
**9.10** **Cops** Documentary.
**9.35** **Blue Bloods** (S4&5)
**12.25** PM **Columbo**
**6.00** **Columbo: Swan Song** *Swan Song:* A singer arranges for his wife and his underage lover to die in a phoney plane crash.
**8.00** **Columbo** *Etude in Black:* An orchestra conductor murders his mistress for threatening to reveal their affair.
**10.00** **Law & Order: Special Victims Unit** *American Dream:* 20/21. A Muslim family are targeted in a hate crime. **11.00** *Sanctuary:* 21/21. The team are caught in a contentious political battle. (S18)
**12.00** M'T **Law & Order: Special Victims Unit**
**1.55** **NCIS: Los Angeles** (S5)
**2.50** **to 3.50** AM **Murder, She Wrote**

+1 hr 241/269 320/362 130

## 5STAR

128/129 128 126 32 131 25

**8.00** AM **Friends** (S9)
**10.00** **Nightmare Tenants, Slum Landlords**
**11.00** **Shoplifters: Caught Red Handed**
**1.00** PM **Traffic Cops**
**5.00** **Police Interceptors** Officers pursue two knife-wielding criminals. **6.00** The unit help rescue a man pinned beneath a tractor. **7.00** The police are led on a high-speed chase across north London. **8.00** Officers pursue a group of car thieves.
**9.00** **Trauma Room One**
**10.00** **Surgeons: A Matter of Life or Death**
**11.00** **A&E After Dark**
**12.00** M'T **Killer on the Run**
**1.00** AM **Text Me When You Get Home** Documentary.
**1.55** **Skin A&E** Documentary.
**2.45** **GPs: Behind Closed Doors** Medical series.
**3.35** **to 4.00** AM **Friends**

+1 hour 228/229 326 140

## 5Action

150 165 130 33 132 26

**9.00** AM **Winter Road Rescue**
**9.35** **Outback Truckers**
**12.30** PM **Gunsmoke** (S12)
**5.45** **FILM Once Upon a Time in the West** Sergio Leone's classic western starring Charles Bronson. An outlaw and a gunslinger help a widow fight the hired guns of a railroad tycoon. (1968, 15, 165min) ★★★★★
**9.00** **FILM The Outlaw Josey Wales** Western starring Clint Eastwood as a farmer who joins a band of Confederate guerrillas after his wife and child are killed by Union raider. (1976, 18, 130min) ★★★★★
**11.45** **Outback Truckers** Dennis Dent goes head to head with an enemy. **12.45** AM Euan hitches a ride in Tasmania.
**1.45** **Outback Truckers**
**3.40** **Trucking Hell**
**3.55** **to 4.00** AM **Entertainment News**

## U&W

132/133 131/133 125 25 156 28

**6.10** AM **Neighbours**
**11.00** **My Family** Triple bill.
**1.00** PM **The Supervet**
**6.00** **Inside the Ambulance** Medics respond to a case of gang violence. **7.00** The West Midlands paramedics help a man with abdominal pain.
**8.00** **Inside the Operating Theatre** A man has his gall bladder removed. **9.00** A woman needs to have a polyp removed.
**10.00** **Brit Cops Down Under** The final wave of recruits from the UK arrive. **11.00** From first days on the beat to house-hunting, the reality of life hits the rookie cops.
**12.00** M'T **Stacey Dooley Sleeps Over**
**1.00** AM **Inside the Ambulance**
**1.35** **to 3.00** AM **Sort Your Life Out with Stacey Solomon**

+1 hour 232/233 325

## U&Yesterday

155 133/161 129 27 159 27

**6.10** AM **Abandoned Engineering**
**8.00** **Great Continental Railway Journeys**
**10.00** **Great Canal Journeys**
**11.00** **Canal Boat Diaries**
**3.00** PM **Mediterranean with Simon Reeve**
**5.00** **Operation Gold Rush with Dan Snow** The historian follows in the footsteps of 19th-century gold prospectors. **6.00** The team have to build a wooden boat. **7.00** The team mine for gold using traditional 19th-century methods.
**8.00** **Bangers & Cash** Derek picks up a car built in Britain for the US market. **9.00** A collection of supercharged cars head to the auction room.
**10.00** **Canal Boat Diaries**
**1.00** AM **Flipping Bangers**
**2.00** **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

## Really

142 153 165 44 149 40

**6.00** AM **Celebrity Fantasy Homes** In north Devon.
**7.00** **Teleshopping**
**8.00** **Celebrity Fantasy Homes** Double bill.
**10.00** **Derelict Rescue**
**11.00** **My Lottery Dream Home** Eight editions.
**3.00** PM **Escape to the Country** Double bill.
**5.00** **A Place in the Sun**
**9.00** **Long Lost Family** Davina McCall and Nicky Campbell investigate the story of a woman who was separated from her Italian mother.
**10.00** **Who Do You Think You Are?** Singer Olly Murs explores his Latvian roots, discovering his great-grandparents were circus performers.
**11.00** **Help! My House Is Haunted** Triple bill.
**2.00** AM **Teleshopping**
**4.00** **to 6.00** AM **My Lottery Dream Home**

+1 hour 242 365

# SUNDAY Entertainment

Sunday

## Great! TV

157 167 170 34 32

**8.10** AM **Highway to Heaven**
**9.10** **The Waltons** (S6)
**1.10** PM **The Waltons** (S6)
**5.10** **FILM Carry On Constable** Comedy with Sidney James and Kenneth Connor. (1960, b/w, U, 86min) ★★★
**7.00** **Around the World in 80 Days** 2/3. Near Burma, bandits kidnap the local prince along with Fogg, Passepartout and Princess Aouda.
**9.00** **FILM Ghost** Romantic fantasy thriller starring Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his jeopardised lover. With Whoopi Goldberg. (1990, 12, 127min) ★★★★
**11.50** **M*A*S*H** 10-13/22. (S10)
**2.00** AM **Air Rescue**
**3.00** **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

## Great! Action

318 317 426 42 33

**9.10** AM **FILM Death Rides a Horse** Spaghetti Western. (1969, 15, 111min) ★
**11.50** **FILM Went the Day Well?** World War Two thriller. (1942, b/w, PG, 92min) ★★★★★
**2.00** PM **FILM Romancing the Stone** Adventure. (1984, 12, 105min) ★★★★
**4.20** **FILM Two Rode Together** Western. (1961, PG, 109min) ★★★
**6.40** **FILM First Kill** Thriller. (2017, 15, 97min) ★★
**8.50** **FILM Contract to Kill** Action adventure starring Steven Seagal. (2016, 15, 90min) ★★
**10.50** **The Avengers** (S5)
**11.50** **The New Avengers**
**12.50** AM **The Persuaders!**
**1.50** **FILM Disaster Zone: Volcano in New York** Disaster movie. (2006, 12, 90min) ★★
**3.50** **Coast Guard Alaska**
**4.35** **to 6.00** AM **Air Rescue**

+1 hour 319

## Great! Mystery

320 318 425 50 48

**8.10** AM **Diagnosis Murder**
**9.10** **FILM Murder, She Baked: A Deadly Recipe** Crime drama. (2016, PG, 86min) ★★
**11.00** **Murder, She Wrote** Ten episodes of the drama.
**9.00** PM **Hailey Dean Mysteries** *Dating Is Murder:* The sleuth investigates a series of missing persons cases connected by an app. **10.50** *A Marriage Made for Murder:* An art dealer suffers a heart attack and his wife finds him dead at their art gallery.
**12.55** AM **FILM April's Flowers** Crime thriller starring Jennie Garth. (2019, PG, 86min) ★★
**2.30** **FILM Lost and Found** Mystery thriller starring Samaire Armstrong. (2019, 12, 90min) ★★
**4.00** **to 5.00** AM **Diagnosis Murder**

+1 hour 321

## Great! Romance

322 319 424 52 47

**8.10** AM **FILM Valentine Ever After** Drama. (2016, PG, 84min) ★★
**10.05** **FILM A Brush with Love** Romantic drama. (2019, PG, 84min) ★★
**12.00** NOON **FILM Cabin Connection** Drama. (2022, PG, 89min) ★★
**1.50** PM **FILM Sweet Home Carolina** Romance. (2017, PG, 84min) ★★
**3.40** **FILM Love Finds You in Valentine** Drama. (2016, PG, 87min) ★★
**5.40** **FILM Love on Safari** Drama. (2018, PG) ★★
**7.40** **FILM Secrets of Bella Vista** Romantic drama. (2022, U, 84min) ★★
**9.35** **FILM Sand Dollar Cove** Drama. (2021, PG) ★★
**11.40** **FILM Two Tickets to Paradise** Romance. (2022, PG, 84min) ★★
**1.45** AM **Highway to Heaven**
**3.00** **to 5.00** AM **FILM Sweet Home Carolina**

+1 hour 323

## Together TV

170 171 136 83 162 52

**11.00** AM **Garden Rescue**
**12.00** NOON **Love Your Garden** Double bill.
**1.00** PM **My Floating Home**
**2.00** **Yorkshire by the Sea**
**4.00** **FILM Commandos** World War Two adventure. (1968, 18, 112min) ★★
**6.15** **FILM Hell in Normandy** World War Two drama. (1968, PG, 89min) ★★
**8.15** **Garden Rescue** A couple from Trafford, Greater Manchester, transform their garden.
**9.15** **The Two Ronnies in Australia** Australian comedy with the duo.
**10.15** **FILM Pacific Banana** Raucous comedy with Graeme Blundell. (1981, 18, 88min) ★★
**12.00** M'T **FILM Escort Girls** Drama. (1974, 18) ★★
**2.00** AM **The Two Ronnies in Australia** As 9.15pm.
**3.00** **to 5.00** AM **FILM Mrs Ratcliffe's Revolution** Comedy. (2007, 12) ★

## Rewind TV

182 81 164 141

**6.00** AM **Space 1999** (S2)
**7.00** **Man in a Suitcase**
**9.00** **Doctor in Charge**
**10.00** **Bottle Boys** (S2)
**10.30** **The Upper Hand**
**11.30** **The Fenn Street Gang**
**1.00** PM **Second Thoughts**
**2.30** **Two's Company** (S1)
**3.30** **Mother's Ruin** (S1)
**4.30** **Bottle Boys** (S2)
**5.00** **The Upper Hand** (S1)
**6.00** **That's My Dog**
**6.30** **Doctor in Charge** (S1)
**7.30** **The Fenn Street Gang**
**9.00** **Space 1999** 10/24. (S2)
**10.00** **FILM Wildest Dreams** Romantic fantasy. (1990, 15, 80min) ★★
**11.40** **FILM This That and the Other** Comedy anthology. (1970, 18, 69min) ★★
**1.20** AM **Stereo Underground**
**2.20** **Rik Mayall Presents**
**3.25** **Rewind Time Machine**
**3.30** **Cut Price Comedy Show**
**4.00** **Two's Company**
**5.00** **to 6.00** AM **Stereo Underground**

## DMAX

159 151 169 39 147 35

**6.00** AM **How Do They Do It?**
**9.00** **Kindig Customs**
**1.00** PM **Junkyard Empire**
**3.00** **Ant Anstead: Born Mechanic** Double bill.
**5.00** **Wheeler Dealers**
**7.00** **Expedition Bigfoot** The team head to Prince of Wales Island in Alaska. **8.00** Investigating a shapeshifting creature.
**9.00** **Curse of the Bermuda Triangle** Experts investigate a sea monster in the Bermuda Triangle. **10.00** The truth behind one of the Triangle's most infamous mysteries.
**11.00** **Expedition X** The hunt for a legendary beast. **12.00** M'T The team explore a haunted forest. **1.00** AM Phil and Jess join Josh at a decaying hospital in Detroit.
**2.00** **Teleshopping**
**5.00** **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

## Food Network

144 152 168 43 148 39

**6.00** AM **Diners, Drive-Ins and Dives** Four editions.
**8.00** **Man v Food: Best Of**
**1.00** PM **James Martin's Spanish Adventure**
**3.00** **The Great British Bake Off** Six editions of the series, including at: **7.00** The competitors make pastry dishes in Mousehole, Cornwall. **8.00** The remaining contestants go to London for the 2010 final.
**9.00** **James Martin's Spanish Adventure** James visits the Boqueria market, and eats Catalan paella.
**10.00** **Man v Food** Adam Richman visits Michigan. **10.30** The Ultimate Cheesesteak Challenge.
**11.00** **Michel Roux's French Country Cooking**
**12.00** M'T **James Martin's Spanish Adventure**
**1.00** **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

## Legend

148 156 149 41 137 38

**7.00** AM **Babylon 5** (S2)
**12.00** NOON **FILM Triple Cross** Thriller starring Christopher Plummer. (1966, PG, 126min) ★★
**2.30** PM **FILM The Buccaneer** Adventure starring Yul Brynner. (1958, b/w, PG, 121min) ★★★
**5.10** **FILM The Mask of Zorro** Adventure with Antonio Banderas. (1998, PG, 137min) ★★★★
**8.00** **The Twilight Zone** (S3)
**9.00** **FILM The Bone Collector** Crime thriller with Denzel Washington and Angelina Jolie. (1999, 15, 117min) ★★★
**11.30** **FILM The Beguiled** Period drama starring Clint Eastwood and Geraldine Page. (1970, 15, 109min) ★★★★
**1.35** **to 4.20** AM **FILM Shout at the Devil** Adventure starring Lee Marvin and Barbara Parkins. (1976, 15, 147min) ★★

## Legend Xtra

316 316 171 69 138 51

**9.00** AM **The Twilight Zone**
**10.00** **The A-Team** (S3)
**3.00** PM **FILM End of the World** Disaster movie. (2018, PG, 88min) ★★
**5.00** **FILM Arctic Apocalypse** Sci-fi disaster thriller. (2019, PG, 90min) ★
**7.00** **FILM The Day of the Triffids** Sci-fi chiller starring Howard Keel. (1962, 12, 95min) ★★
**9.00** **FILM The Devil's Own** Thriller starring Harrison Ford and Brad Pitt. (1997, 15, 111min) ★★
**11.20** **FILM First Kill** Thriller starring Bruce Willis and Hayden Christensen. (2017, 15, 97min) ★★
**1.25** AM **FILM Mojave** Thriller starring Oscar Isaac. (2015, 15, 91min) ★★★
**3.15** **FILM Global Meltdown** Thriller with Michael Paré. (2017, PG, 105min) ★
**5.00** **to 6.00** AM **The Twilight Zone**

+1 hour 317 139

## Blaze

156 169 174 64 161 41

**6.00** AM **Hardcore Pawn**
**9.15** **Pawn Stars** Double bill.
**11.10** **Container Wars**
**1.05** PM **Junk & Disorderly**
**4.05** **Storage Wars: Texas**
**7.00** **Secrets in the Jungle** In Madagascar, paleontologists discover an near-perfect fossil.
**8.00** **Secrets in the Sand** Curiosities once concealed within the planet's desert sands.
**9.00** **Mysteries Unearthed with Danny Trejo** Startling discoveries that shocked the world.
**10.00** **Cursed Histories** A 'damned' amethyst gem and a devilish beast.
**11.00** **What on Earth?** The curse of Genghis Khan. **12.00** M'T A plane found near the site of the Roswell UFO incident.
**1.00** AM **Strange Evidence**
**2.00** **Court Cam** Double bill.
**3.00** **to 6.00** AM **River Hunters**

## 5SELECT

153 166 138 46 133 30

**9.00** AM **Great Gardens of Europe** Double bill.
**11.00** **All Creatures Great and Small** 3-6/6. (S5)
**3.00** PM **All Creatures Great and Small: Christmas Special** Festive episode.
**4.10** **The Good Ship Murder**
**5.10** **The Madame Blanc Mysteries Christmas Special** A murderer turns the festive season into a nightmare for Jean and friends.
**7.10** **The Forgotten Prince: The Mystery of the Duke of Kent** Exploring the circumstances and conspiracies surrounding the death of Prince George, Duke of Kent.
**8.30** **Beatrice and Eugenie: Caught in the Crossfire** A profile of the sisters.
**10.00** **Fergie: Where Did All the Money Go?**
**11.00** **Taggart** *Long Time Dead.*
**1.05** **to 4.00** AM **Prisoner: Cell Block H**

## Challenge

130/131 159 139 48 142 43

**7.00** AM **The Chase**
**9.00** **Tenable** Quiz show.
**10.00** **Family Fortunes**
**11.00** **Celebrity Antiques Road Trip** With Theo Paphitis.
**12.15** PM **Catchphrase**
**1.00** **Tenable** Quiz show.
**2.00** **Bridge of Lies**
**3.00** **The Chase** Double bill.
**5.00** **The Chase Celebrity Special** With Louise Hazel, Joel Dommett, Sinitta and Les Dennis. **6.00** Paula Lane, Steve Pemberton, Ben Miller and Matthew Burton compete for charity.
**7.00** **The Chase** Double bill.
**9.00** **The Chase Celebrity Special** Melanie Sykes, Heather Small, Andrew Castle and Graeme Le Saux take part.
**10.00** **The Chase** Quiz show.
**11.00** **Bullseye** Six editions.
**2.00** AM **The Chase**
**4.00** **The Chase Celebrity Special** Quiz show.
**5.00** **to 6.00** AM **The Chase**

## TLC

133/134 139 113/128 12 144 17

**7.00** AM **Young Sheldon**
**10.00** **The Big Bang Theory**
**7.30** PM **The Big Bang Theory** 17/24. Sheldon and Kripke battle for a vacant office. (S5)
**8.00** **Georgie and Mandy's First Marriage** 13/22. Jim feels ganged up on when Georgie and Audrey make some changes. **8.30** 14/22. Georgie keeps Mandy's new side job under wraps. (S1)
**9.00** **Unacceptable** New edition Rhys James argues to ban retirement before 90. **10.00** Series finale Comedians share their unacceptable opinions.
**11.00** **Unacceptable**
**12.00** M'T **Young Sheldon**
**12.30** AM **Dr Pimple Popper**
**2.30** **Say Yes to the Dress**
**3.00** **My 600lb Life**
**5.00** **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

## Comedy Central

112/113 135 132 345 360

**8.00** AM **Impractical Jokers**
**10.30** **The Comedy Bus**
**11.00** **Friends** (S10&1)
**6.00** PM **Mr Bean** (S1)
**7.00** **The Best of Mr Bean**
**8.00** **Bradley & Barney Walsh: Breaking Dad** The duo visit Costa Rica. **8.30** The duo continue to explore Costa Rica.
**9.00** **FILM The Commitments** Alan Parker's vibrant comedy drama about the struggles of a soul band in Dublin. Stars Robert Arkins and Angeline Ball. (1991, 15, 118min) ★★★★
**11.20** **Jimmy Carr's Am I the A**hole?**
**12.20** AM **8 Out of 10 Cats**
**2.00** **Gods of the Game**
**2.30** **The Comedy Bus**
**3.00** **South Park** 12/15. (S7)
**3.25** **Bradley & Barney Walsh: Breaking Dad**
**4.15** **to 5.00** AM **Stupid Central**

+1 hour 212/213 332

## Comedy Cen. Extra

127/128 136 154

**6.00** AM **Everybody Loves Raymond** (S5)
**7.00** **Teleshopping**
**9.00** **Most Ridiculous**
**11.00** **Criminally Funny**
**7.00** PM **Friends** 15/18. Joey's agent dies. **7.30** 16/18. The gang throw a going-away party for Rachel. **8.00** 17&18/18. Double bill. Last-ever episode of the comedy. (S10) **9.00** 7/24. Chandler tries to stop Joey from discovering the truth. **9.30** 11/24. Phoebe's half-brother makes an announcement. **10.00** 15/24. Chandler's ex-girlfriend turns up out of the blue. (S4)
**10.30** **Friends** (S4&5)
**2.00** AM **Impractical Jokers**
**3.00** **South Park** (S16)
**4.35** **Mike Judge's Beavis and Butt-Head** (S3)
**5.15** **to 6.00** AM **Everybody Loves Raymond**

## That's TV

56 42

**8.00** AM **That's 60s**
**8.15** **Are You Being Served? Again!** Six episodes. (S1)
**12.00** NOON **Going Straight**
**1.15** PM **FILM George and Mildred** Comedy. (1980, PG, 93min) ★★
**3.00** **FILM Bless This House** Comedy. (1972, U) ★★
**4.50** **Rising Damp** (S4)
**7.55** **Minder** 2/13. (S2)
**9.00** **Benidorm** 2/9. Kenneth inadvertently starts up a mini-cab business. (S9)
**9.55** **Shameless** 7/16. Mimi worries about Paddy's whereabouts on their anniversary. (S6)
**11.00** **Man About the House**
**11.30** **Mind Your Language**
**12.00** M'T **Benidorm** 2/9. (S9)
**1.00** AM **Minder** 8/10. (S5)
**2.00** **Duty Free** 3/7. (S2)
**2.25** **Man About the House**
**2.50** **Kenny Everett Video Cassette** Comedy.
**3.15** **That's 60s**
**4.00** **to 5.00** AM **Nearest and Dearest**

## MTV

126/127 137 134 351 366

**6.00** AM **Daria** 12/13. (S1)
**6.20** **Teen Mom 2**
**7.10** **Dallas Cowboys Cheerleaders**
**10.00** **Teen Mom: The Next Chapter** Triple bill.
**1.00** PM **Judge Judy**
**5.30** **Catfish: The TV Show** Nev and Kamie help Jeanette to find her catfish, but their search takes a strange turn. **7.00** Nev teams up with Karrueche Tran to uncover the truth about an online girlfriend.
**8.00** **Catfish: Troublemakers** After chatting with Chris for years, Shakinah needs to move on with her life.
**9.00** **Skin A&E**
**10.00** **Tattoo Fixers**
**11.00** **Ink Master** Double bill.
**1.00** AM **Jersey Shore Family Vacation**
**2.00** **MTV Cribs: Ultimate Party Pads**
**2.45** **All Star Shore**
**3.35** **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

## Discovery

125/126 138 177 320 325

6.00 AM **Wheeler Dealers**
12.00 NOON **Building Off the Grid** A cannabis farmer and a bio architect and hemp expert join forces to build a hemp cottage. **1.00** PM A mother and son build a family commune outside Keaau, Hawaii.
2.00 **Alaska: Homestead Rescue** Misty and Matt find themselves alone on a critical rescue. **4.00** The Raneys rescue some inexperienced homesteaders in Alabama. **6.00** The Raneys must fix an earthquake-ravaged foundation.

9.00 Air Jaws

7.00 **Alaska: Homestead Rescue** A Colorado family's dream is under siege by their bison. To supply the ranch with water and food, the Raneys must wrangle the dangerous herd first.
9.00 NEW **Air Jaws: Red, White and Breach** An investigation to document the new phenomena of flying great whites.
10.00 NEW **Biggest Mako on Earth** An investigation to find the biggest mako on Earth leads to the discovery of giant sharks.
11.00 **Jurassic Sharks** Biologists investigate the superpredators that once ruled the seas.
12.00 M'T **Kindig Customs** The Nova is almost complete and is moved into the assembly shop.
1.00 AM **Kindig Customs**
3.00 **to 5.00** AM **American Chopper**

+1 hour 225/226 377

## Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **The Zoo** A Chinese alligator shows signs of being pregnant. **4.00** Three penguin chicks are introduced to the pool.
5.00 **Treehouse Masters** A couple request a beehive structure.
6.00 **Meet the Penguins** Helping a penguin contaminated by oil. **6.30** Crabby greets a new arrival that melts his icy heart.

8.00 Treetop Cat Rescue

7.00 **How Do Animals Do That?** Fun facts about eagles and squirrels. **7.30** A look at why pandas are black and white.
8.00 **Treetop Cat Rescue** Shaun and Tom rescue a moody repeat offender. **8.30** Shaun braves a storm to bring down a cat.
9.00 **Alaskan Bush People: Bushcraft Chronicles** The Browns discuss their favourite means of bespoke transportation.
10.00 **Tanked** NASCAR driver Kurt Busch and his wife decide that they want to replicate their wedding location in an aquarium.
11.00 **Alaska: The Last Frontier** The family come together to finish Grady's Perl Island cabin.
12.00 M'T **River of No Return** Taking on Deadman's Rapids.
1.00 AM **Air Jaws: Night Stalker**
2.00 **The Haunted**
3.00 **Treetop Cat Rescue**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

## Nat Geographic

129/130 144 183

8.00 AM **Rocky Mountain Railroad** Double bill.
10.00 **Shipwreck Graveyard**
11.00 **Drain Alcatraz**
12.00 NOON **Secret Nazi Science**
1.00 PM **Hitler's Last Stand**
3.00 **Hitler the Junkie**
4.00 **Seconds from Disaster**
5.00 **Air Crash Investigation** A brand new aircraft crashes into a mangrove swamp in Cameroon with no survivors. **6.00** The US Air Force investigate the most expensive aviation accident of all time.

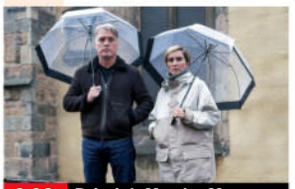
8.00 Lost Treasures of Ancient...

7.00 **Hidden Beneath the Cities** New edition In Denmark, workers uncover a mysterious wood-lined tunnel.
8.00 **Lost Treasures of Ancient Greece** New edition Archaeologists investigate the eruption of the volcanic island of Santorini.
9.00 **Lost Gold of the Dark Ages: Treasure Hoard** A collection of treasure found by a metal detector enthusiast in 2009.
10.00 **Drain the Oceans: Deep Dive** Using cutting-edge technology to discover the underwater secrets of the California Gold Rush.
11.00 **Mysteries of Ancient Medicine** Archaeologists find ancient medical secrets.
12.00 M'T **Air Crash Investigation** A plane that crashed into the Himalayan foothills.
1.00 AM **Car S.O.S** Tim and Fuzz take on their first motorbike – a 1973 Triumph Bonneville. **2.00** Tackling a Golf GTI Mk1.
3.00 **to 5.00** AM **Megafactories**

## Sky History

123/124 115/116 131 353 368

6.00 AM **Britain's Most Historic Towns** Double bill of editions.
8.00 **Storage Wars** Six editions.
11.00 **Storage Hunters**
1.00 PM **Pawn Stars** Eight editions of the series, including at: **4.30** A signed picture of the original *Star Trek* cast catches the eye.
5.00 **Forbidden History** A look back at how the Nazis indoctrinated and controlled the will of German people. **6.00** The Codex Gigas, also known as the 'Devil's Bible.'



9.00 Britain's Murder Map

7.00 **Ultimate Mysteries** Shedding light on the unsolved disappearances of aviator Amelia Earhart and hijacker DB Cooper.
8.00 **Ultimate Mysteries** Confronting issues that harbour lingering doubts, such as Area 51 and Dugway Proving Ground.
9.00 **Britain's Murder Map with Vicky McClure and Jonny Owen** Exploring the Burke and Hare murders of 1828.
10.00 **Britain's Murder Map with Vicky McClure and Jonny Owen** Vicky and Jonny investigate the case of John Christie.
11.00 **What on Earth?** The history of the town that time forgot. **12.00** M'T Exploring alien-like metal monsters reportedly coming from the sea.
1.00 AM **Storage Hunters** A new couple rub Brando and Lori up the wrong way and bid on some knock-off costumes.
1.30 **Storage Hunters** Triple bill.
3.00 **to 6.00** AM **Pawn Stars**

## Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Michelle Pfeiffer** Profile of the actor.
7.00 **Discovering: Mel Gibson**
8.00 **The Directors**
9.00 **Enigma** An exploration of transgender identity.
11.00 **Sergio Leone: The Italian Who Invented America**
1.00 PM **I Am Bruce Lee**
3.00 FILM **Man on Wire** Oscar-winning documentary. (2007, 12, 93min) ★★★★
5.00 FILM **When We Were Kings** Oscar-winning documentary. (1996, PG, 87min) ★★★★★

6.45 Going Clear

6.45 FILM **Going Clear: Scientology and the Prison of Belief** Documentary exploring the history of the controversial religious movement, and profiling eight former members. (2015, 15, 120min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

7 PM
8 PM
9 PM
10 PM

9.00 **Groomed: The Truth Behind the Lie** New edition *A Divided Town:* 2/3. Ellie Williams faces prosecution.
10.00 **The Salisbury Poisonings: A Spy Next Door** The nerve agent attack on former Russian spy Sergei Skripal and his daughter Yulia.
11.40 **King of Lies: Football's Greatest Con** Russell King's takeover of Notts County.
1.30 AM **2000 Meters to Andriivka** A Ukrainian platoon attempt to liberate a village from Russian forces.
3.40 **My Icon: Rachel Yankey**
4.00 **to 6.00** AM **The Ibiza Affair: Uncovered**

## Quest

140/141 149 128/137 17 145 18

6.00 AM **American Pickers**
8.00 **Johnny Vegas' Little Shop of Antiques**
9.00 **The Repair Shop**
10.00 LIVE **MotoGP** Coverage of the Grand Prix of Britain Moto2, MotoGP and Moto3 races from Silverstone.
3.30 PM **Shed and Buried**
4.00 **The Repair Shop**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Johnny Vegas' Little Shop of Antiques**
8.00 **The Repair Shop** Items include a bird cage and carved angels. **9.00** Restoring an armchair and a carousel.
10.00 **The Repair Shop**
1.00 AM **Mike Brewer: Born Dealer** Double bill.
3.00 **Wheeler Dealers: Dream Car**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

## Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress** Double bill.
8.00 **Say Yes to the Dress: Atlanta** Double bill.
10.00 **Forensic Detectives**
11.00 **Boris Johnson: A Faking It Special**
12.00 NOON **FBI Files**
3.00 PM **American Detective with Lt Joe Kenda**
7.00 **American Detective with Lt Joe Kenda** Detective Dale Mason's investigation into the murder of a respected young entrepreneur. **8.00** Kidnappers seize the heir to a multi-million-dollar airplane empire for ransom.
9.00 **The Detectives: My Killer Case** The case of Andrew Scanlan.
10.00 **Faking It: Tears of a Crime** Triple bill.
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

## True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **UK Crime Files: Eastbourne's Dr Death** The case of Eastbourne GP John Bodkin Adams.
8.00 **UK Crime Files: The Longest Murder Trial** The story of the murder of Lynette White.
9.00 **UK Crime Files: Wicked Beyond Belief** Geoffrey Wansell revisits the murder of 84-year-old Betty Guy in Wales.
10.00 **UK Crime Files: Confession of Murder** Focusing on the case of Katie Rackliff, who was murdered by Sharon Carr in Farnborough.
11.00 **UK Crime Files: The Road Rage Killer**
12.00 M'T **UK Crime Files: Multiple Identity Killer**
1.00 AM **Fatal Fraud**
4.00 **to 5.45** AM **Judge Judy**

+1 hour 246 136

## True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
10.45 **Teleshopping**
11.00 **Medical Detectives**
12.00 NOON **Killers: Caught on Camera** Double bill.
2.00 PM **UK Crime Files: Railway Murders**
3.00 **UK Crime Files: Tracking a Serial Killer**
4.00 **UK Crime Files: The Cliff Top Killer** Geoffrey Wansell explores the story of John Cooper, who killed four people.
5.00 **UK Crime Files: A Random Murder** A look into the case of Kevin Bennett, who was murdered in 2014.
6.00 **UK Crime Files: Murder of Rachel Manning** The story of a woman who vanished after leaving a nightclub in 2000.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.00 **to 6.00** AM **Medical Detectives**

## Sky Crime

121/122 111/112 122 349 364

6.00 AM **Highway Cops**
7.00 **A1: Britain's Longest Road** Documentary.
8.00 **Road Wars**
9.00 **Caught on Dashcam**
11.00 **Caught Red Handed**
2.00 PM **Forensics: Catching the Killer** Double bill.
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
7.00 **Forensics: Catching the Killer** Double bill.
9.00 **Russell Murders: Who Killed Lin and Megan?**
10.00 **The Russell Murders: Who Killed Lin and Megan?** Double bill.
12.00 M'T **What the Killer Did Next** Joy Morgan.
1.00 AM **World's Most Evil Killers** Mark Goudeau.
2.00 **Britain's Most Evil Killers**
3.00 **Murdered at First Sight**
4.00 **Brit Cops: Law & Disorder** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1hour 221/222 322

## PBS America

173 170 187 84 155 49

8.00 AM **The Anti-Soviet Fighters** Documentary.
9.20 **Iron Curtain: Living Under Soviet Occupation** Triple bill.
1.00 PM **Fight to the Finish**
2.30 **Hunting the KGB Killers**
3.40 **The Rosenbergs: Atomic Spies**
4.55 **Eclipse Across Europe**
6.00 **Anti-Soviet Fighters**
7.15 **Iron Curtain: Living Under Soviet Occupation** The occupation of Poland, Hungary, East Germany and Czechoslovakia. **8.30** How, by late 1949, Soviet domination of Eastern Europe was total. **9.40** How Moscow's grip over the Eastern Bloc remained strong after Stalin's death.
10.55 **Eclipse Across Europe** The best places to view the solar eclipse.
12.00 M'T **to 2.00** AM **Fight to the Finish**

# SUNDAY

Sunday

## Sky Nature

124/125 113/114 135 354 369

6.00 AM **Extraordinary Animals**
7.00 **Island of the Monsoon**
9.00 **Becoming Elephant: The Orphans of Reteti**
11.00 **Volcanic Odysseys**
12.00 NOON **Battle of the Alphas**
1.00 PM **Kui Buri: Thailand's Hidden Eden** A look at Kui Buri National Park in Thailand.
2.00 **Alien Abyss** Triple bill.
5.00 **Superbeast** New edition The ocean's top predators. In coral mazes and open seas, sharks stalk and strike.
6.00 **David Attenborough's Conquest of the Skies** The veteran naturalist examines creatures capable of flight.
**7.00** Creatures that glide, including the harlequin tree frog.
**8.00** A look at creatures that dominate today's skies.
**9.00** An insight into the making of the documentary series.
10.00 **Superbeast** As 5.00pm.
11.00 **Macro Worlds** Double bill.
1.00 AM **Ningaloo: Australia's Ocean Wonder** Triple bill.
4.00 **to 6.00** AM **Ocean Parks**

## Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **The Great British Dig: History in Your Back Garden**
11.00 **Crimes That Shook Britain**
1.00 PM **Britain's Lost Battlefields with Rob Bell** A peasant rebellion in Norfolk in 1549.
2.00 **Ancient Aliens** Double bill.
4.00 **The Great British Dig: History in Your Back Garden**
6.00 **Kevin Costner's The West** The lives of Protestant missionaries Marcus and Narcissa Whitman.
**7.00** The abduction of nine-year-old Cynthia Ann Parker.
8.00 **Crimes That Shook Britain** The murder of eight-year-old Victoria Climbie in 2000.
**9.00** The story of the Omagh bombing in August 1998.
**10.00** A look at the crimes of serial killer Stephen Griffiths.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Iconic Combat Machines**
2.00 **Secret Wars Uncovered**
3.00 **Combat Trains**
4.00 **Crimes That Shook Britain**
5.00 **to 6.00** AM **Discovered by Disaster**

## Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How Do They Do It?**
1.00 PM **How Do They Do It?**
2.00 **Savage Builds**
4.00 **How the Universe Works**
6.00 **How It's Made**
8.00 **Legendary Locations** Locations where stone labyrinths hide something incredible.
**8.30** Presenter Josh Gates explores other 'great' walls in India, England and Taiwan.
**9.00** Exploring places where unusual heroes rule the day.
**9.30** Josh examines places darkened by the past.
10.00 **American Titans** William Clark and Marcus Daly's fight to control Montana's copper mines.
11.00 **Tesla's Death Ray: A Murder Declassified** Documentary.
12.00 M'T **Truth Behind the Moon Landing** Double bill.
2.00 AM **Alien Highway**
4.00 **to 6.00** AM **How Do They Do It?**

+1hr 267 379

## Crime+Investigation

139/140 142 133

6.00 AM **Robbie Coltrane's Critical Evidence** Double bill.
8.00 **Cops Who Kill with Will Mellor**
10.00 **Murdertown**
12.00 NOON **999: Killer on the Line**
2.00 PM **Crimes That Shook Britain**
4.00 **Killer in Plain Sight**
7.00 **Alaska State Troopers**
8.00 **Tell Me How I Died** A coroner suspects there may have been foul play in the car crash that killed a young woman.
9.00 **Cold Case Files** The investigation into the murder of Jody Loomis.
**10.00** An eight-year-old girl is found dead in a ditch.
**11.00** An 81-year-old woman is found in her burned-out car.
12.00 M'T **Sunday Morning Slasher: Carl Watts** Documentary.
1.00 AM **Staged: Deadly Deception**
2.00 **Check-In to Murder** New edition Documentary.
3.00 **Last Seen on Holiday** New edition A teen vanishes.
4.00 **Accident, Suicide or Murder?**
5.00 **to 6.00** AM **Killer in Plain Sight**

+1hour 256 333

## WILD

165 145 182

8.00 AM **Heartland Docs**
10.00 **The Incredible Dr Pol**
11.00 **Airport Security: Peru**
2.00 PM **Amsterdam Central 24/7**
5.00 **Critter Fixers: Country Vets** New edition Dr Hodges and Dr Ferguson introduce students to exotic animal medicine.
6.00 **Heartland Docs** New edition Dr Erin investigates a farm dog's mystery illness.
7.00 **Panda School** New edition The cubs tackle new challenges, and future wild pandas adapt to mountain life.
8.00 **NEW Wild Babies of America's National Parks** Following young animals as they face the challenges of growing up in America's wild wilderness.
9.00 **Jaguar: Jungle Icon of Guyana** Following a young jaguar in Guyana's rainforests.
10.00 **Secrets of the Octopus**
11.45 **Bizarre Animal Friends**
12.40 AM **Alaska Animal Rescue**
1.35 **Trials of the Wild**
2.00 **World's Weirdest**
4.00 **to 5.00** AM **Yukon Vet**

## Discovery History

161/172 147 181

7.00 AM **Shed and Buried**
9.00 **Massive Engineering Mistakes**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides**
6.00 **Blowing Up History** Investigating Egypt's ancient city of Abydos and its tombs.
**7.00** Experts examine the secrets of Tintagel Castle.
**8.00** Experts use pioneering technology to investigate the ancient city of Samarra.
9.00 **Salvage Hunters: The Restorers** Artisan restorers Alex Webster, Craig Hughes and Carl Bouverie-Brine work on a fold-out mirror, an armchair and a large railway clock.
**10.00** Skilled craftspeople attempt to bring Drew Pritchard's finds back to life.
**11.00** Cabinet-maker Alex resurrects a 300-year-old chest, and taxidermist Chris resuscitates a Victorian heron.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

## U&Eden

166 134/162 176 57 160 71

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
6.00 **999 Rescue Squad** Featuring a stand-off involving a man wielding a samurai sword.
**7.00** HART staff must treat one of their own after an accident involving a 4x4 leaves an off-duty medic with serious injuries.
**8.00** A massive explosion demolishes a block of flats and the team are called in to help. HART are on standby as a man with a gun is involved in a stand-off with police.
**9.00** A suspected acid attack on the streets of Bradford leads to a busy shift for the crew.
**10.00** A police chase ends with a crash and five trapped teens in the wreckage.
**11.00** The team race to save an injured woman trapped in a van crushed between two lorries.
12.00 M'T **999 Rescue Squad**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1hour 266 376

## ID

154 140 166

8.00 AM **Diabolical: Deadly Love**
12.00 NOON **On the Case with Paula Zahn** Four editions.
4.00 PM **People Magazine Investigates** Four editions.
8.00 **American Monster** A case in Pennsylvania, in which Kevin Dowling was presumed guilty of murdering a shopkeeper, whom he had once robbed.
9.00 **Evil Lives Here** Shocking stories of people who discovered they lived with a killer.
10.00 **The Friday the 13th Murders** Police find a family dead, a horror film still playing, a bloody mask nearby – and a letter addressed to the woman who voiced *The Exorcist* demon.
11.00 **Murder on CCTV** Investigating the death of Adrianne Robert.
**12.00** M'T Police rely on security cameras to find the killer when a father is shot dead.
1.00 AM **People Magazine Investigates** A deadly fire.
2.00 **Death by Fame** Double bill.
4.00 **to 6.00** AM **Deadly Secrets**

+1hour 254 366

## Discovery Turbo

158 146 180

7.00 AM **Sewer Divers**
10.00 **Extreme RVs**
11.00 **Extreme Car Hoarders**
12.00 NOON **Street Outlaws: Locals Only** Five editions.
5.00 PM **Shed and Buried: Classic Cars** Henry Cole and Fuzz Townshend discover a shed full of rare gems in Bedfordshire.
**6.00** Henry and Fuzz find a rare 1929 Standard Teignmouth.
7.00 **Wheeler Dealers** Mike heads to America in search of a Dodge Charger to restore.
**8.00** Mike finds a Cadillac coupe with minimal rust.
**9.00** Mike searches for a 1957 Thunderbird, marketed as one of the world's first luxury cars.
**10.00** Mike attempts to track down a Lincoln Continental.
**11.00** 1/2. Mike picks up a classic 1965 Plymouth Barracuda for a good price.
**12.00** M'T 2/2. Mike and Ant finish work on the Barracuda – one of their biggest builds ever.
1.00 **to 4.00** AM **Sewer Divers**

+1hour 258

# Films

## Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Love Me** Sci-fi drama. (2024, 15, 91min) ★★★
7.40 **Looney Tunes: The Day the...**
9.15 **Song Sung Blue** As 8.00pm.
11.35 **Normal** As shown at 6.25pm.
1.10 PM **Seven Snipers** (2026)
2.50 **Mortal Kombat II** Fantasy. (2024, 15, 116min) ★★★
4.50 **Looney Tunes: The Day the Earth Blew Up** Animated adventure. (2024, PG, 91min)
6.25 **Normal** Action comedy. (2026, 15, 91min) ★★★★

8.00 Song Sung Blue

**8.00 Song Sung Blue** Musical biopic starring Hugh Jackman and Kate Hudson. A husband-and-wife Neil Diamond tribute act experience success and heartbreak in their musical journey. With Ella Anderson. (2025, 12, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.20 Seven Snipers** Thriller with Radha Mitchell and Tim Roth. A retired sniper in hiding on an Australian ranch must reunite her kill squad when a warlord threatens her daughter. (2026, 15, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Heretic** Horror starring Hugh Grant and Sophie Thatcher. (2024, 15, 111min) ★★★★
1.55 AM **Primate** Horror thriller. (2025, 18, 92min) ★★★
3.30 **Night Patrol** Horror thriller. (2025, 15, 103min) ★★★
5.20 **to 7.00** AM **In Cold Light** Thriller. (2025, 15, 96min) ★★★

## Sky Cinema Box Set

303 303 403 503 517

6.30 AM **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
8.40 **The Karate Kid Part II** Martial arts adventure. (1986, PG) ★★
10.40 **The Lord of the Rings: The Fellowship of the Ring** Epic fantasy. (2001, PG) ★★★★★
1.40 PM **The Lord of the Rings: The Two Towers** Epic fantasy. (2002, 12, 179min) ★★★★★
4.40 **The Lord of the Rings: The Return of the King** Fantasy. (2003, 12, 201min) ★★★★★

8.00 Grease

**8.00 Grease** Musical starring John Travolta and Olivia Newton-John. An Australian teenager at a 1950s California high school falls in love with the tough-talking leader of the T-Birds gang. (1978, PG, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.55 Grease 2** Musical sequel starring Maxwell Caulfield and Michelle Pfeiffer. A new student joins a high school and falls for the most beautiful member of the Pink Ladies gang. (1982, PG, 109min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Footloose** Teen dance drama. (1984, 12, 107min) ★★★
1.40 AM **Footloose** Dance drama remake. (2011, 12, 113min) ★★★
3.35 **Scooby-Doo** Comedy. (2002, PG, 86min) ★★★
5.15 **to 6.55** AM **Scooby-Doo 2: Monsters Unleashed** Comedy adventure sequel. (2004, PG, 93min) ★★★

## Sky Cinema Drama

310 310 410 510 524

7.15 AM **She Came to Me** Comedy drama starring Peter Dinklage. (2023, 15, 102min) ★★★★
9.05 **Molly's Game** Fact-based drama. (2017, 15, 137min) ★★★★
11.30 **Chicago** As shown at 2.10am.
1.30 PM **Rocketman** Biopic starring Taron Egerton. (2019, 15, 121min) ★★★★
3.40 **About Time** Romantic comedy fantasy. (2013, 12, 120min) ★★★
5.50 **Downton Abbey: The Grand Finale** Period drama spin-off. (2025, PG, 123min) ★★★★
8.00 **The Choral** Comedy drama with Ralph Fiennes. A choral society's male members enlist in World War Two, leaving the demanding Dr Guthrie to recruit teenagers. (2025, 15, 113min) ★★★★
10.00 **Pillion** Dark comedy with Harry Melling and Alexander Skarsgård. (2025, 18, 107min) ★★★
11.50 **Moneyball** Sports drama. (2011, 12, 133min) ★★★★
2.10 AM **Chicago** Oscar-winning screen version of the musical. (2002, 12, 112min) ★★★★
4.05 **Widow Clicquot** Drama. (2023, 15, 90min) ★★★★
5.40 **to 7.25** AM **Chuck Chuck Baby** Drama starring Louise Brealey. (2023, 15, 101min) ★★★★

## Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.20 AM **The Chronicles of Riddick** Sci-fi adventure sequel to *Pitch Black*. (2004, 15, 119min) ★★★
8.25 **Timestalker** As 4.10am.
10.00 **Companion** As 12.15am.
11.50 **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
1.45 PM **Anaconda** Adventure. (1997, 15, 89min) ★★★
3.25 **Bugonia** Comedy thriller. (2025, 15, 118min) ★★★★
5.35 **Terminator 2: Judgment Day** Sci-fi action thriller sequel starring Arnold Schwarzenegger. (1991, 15, 146min) ★★★★★
8.00 **Nosferatu** Horror starring Bill Skarsgard and Lily-Rose Depp. A troubled woman forms a telepathic bond with a mysterious Count. With Nicholas Hoult. (2024, 15, 132min) ★★★★
10.25 **We Bury the Dead** Horror starring Daisy Ridley, Brenton Thwaites and Mark Coles Smith. (2024, 15, 94min) ★★★★
12.15 AM **Companion** Sci-fi horror. (2024, 15, 97min) ★★★★
2.05 **The Exorcist** Occult horror. (1973, 18, 121min) ★★★★★
4.10 **Timestalker** Fantasy comedy. (2024, 15, 89min) ★★★★
5.55 **to 7.45** AM **Aeon Flux** Sci-fi thriller. (2005, 15, 93min) ★★



★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

## Sky Cinema Family

304 304 406 506 519

**7.05** AM **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U) ★★★★★
**8.40** **Babe** (1995, U) ★★★★★
**10.25** **How to Train Your Dragon** Fantasy. (2025, PG) ★★★★
**12.40** PM **Yogi Bear** (2010, U) ★★★
**2.15** **Karate Kid: Legends** Drama sequel. (2025, 12, 94min) ★★★
**4.00** **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
**6.00** **Jumanji: Welcome to the Jungle** (2017, 12) ★★★★

6.00 Jumanji

**8.05** **Jumanji: The Next Level** Fantasy comedy adventure sequel starring Dwayne Johnson, Karen Gillan, Kevin Hart and Jack Black. Players of the rebooted Jumanji return and attempt to rescue one of their own. (2019, 12, 123min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.15** **Look Who's Talking** Comedy starring John Travolta and Kirstie Alley. A single mother-to-be searches for the perfect father for her child. (1989, 12, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**11.55** **Annie** Musical remake. (2014, PG, 115min) ★★★
**1.55** AM **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★
**3.50** **Charlotte's Web** Adventure. (2006, U, 97min) ★★★
**5.30** **to 7.10** AM **Jackie Chan's The Tuxedo** Action comedy. (2002, 12, 98min) ★★

## Sky Cinema Action

306 306 407 507 521

**7.30** AM **S.W.A.T.** Action thriller. (2003, 12, 115min) ★★★
**9.35** **The Legend of Tarzan** Adventure. (2016, 12) ★★★
**11.30** **Batman Forever** Adventure. (1995, 12, 121min) ★★★
**1.45** PM **Kraven the Hunter** Fantasy action adventure. (2024, 15, 127min) ★★★
**3.55** **Normal** Action comedy. (2026, 15, 91min) ★★★★
**5.45** **xXx** Espionage action thriller. (2002, 12, 124min) ★★

5.45 xXx

**8.00** **xXx: Return of Xander Cage** Action thriller sequel starring Vin Diesel and Donnie Yen. The spy is brought out of exile to retrieve a powerful weapon that has been stolen by a dangerous gang of mercenaries. (2016, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.00** **Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**12.30** AM **The Lost City of Z** Fact-based historical adventure starring Charlie Hunnam and Robert Pattinson. (2016, 15, 141min) ★★★★
**3.00** **The Meg** Action thriller. (2018, 12, 113min) ★★★
**5.00** **to 6.50** AM **The Italian Job** Classic crime caper. (1969, PG, 100min) ★★★★★

## Sky Cinema Comedy

308 308 408 508 522

**7.25** AM **Zoolander** Comedy. (2001, 12, 89min) ★★★★
**9.00** **Zoolander 2** (2016, 12) ★★★
**10.45** **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
**12.20** PM **Anchorman 2: The Legend Continues** Comedy sequel. (2013, 15, 118min) ★★
**2.20** **Boomerang** (1992, 15) ★★
**4.20** **American Reunion** Comedy sequel. (2012, 15, 108min) ★★
**6.15** **Anaconda** Action comedy. (2025, 12, 99min) ★★★

8.00 Ace Ventura Pet Detective

**8.00** **Ace Ventura Pet Detective** Comedy starring Jim Carrey as a Miami private detective who specialises in tracking down lost pets. With Courteney Cox. (1993, 12, 86min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.40** **Bridget Jones: Mad About the Boy** Romantic comedy sequel starring Renée Zellweger. Recently widowed Bridget enters the dating game once again. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**11.50** **Robin Hood: Men in Tights** Mel Brooks' comedy spoof. (1993, PG, 102min) ★★
**1.40** AM **Beetlejuice Beetlejuice** Horror comedy sequel. (2024, 12, 105min) ★★★★
**3.35** **Bill & Ted's Excellent Adventure** Fantasy comedy. (1988, PG, 87min) ★★★★
**5.10** **to 7.10** AM **Robin Hood: Men in Tights** As 11.50pm.

## Sky Cinema Thriller

309 309 409 509 523

**6.45** AM **Nightcrawler** As 12.40am.
**8.45** **Along Came a Spider** Thriller. (2001, 15, 103min) ★★★
**10.40** **Captain Phillips** Thriller. (2013, 12, 129min) ★★★★★
**12.55** PM **The Bourne Legacy** Espionage thriller sequel. (2012, 12, 129min) ★★★
**3.15** **Jason Bourne** Thriller sequel. (2016, 12, 123min) ★★★
**5.20** **Mulholland Drive** Director David Lynch's surreal thriller. (2001, 15, 146min) ★★★★

5.20 Mulholland Drive

**8.00** **The Accountant** Thriller starring Ben Affleck and Anna Kendrick. A man with autism moonlights as a money launderer for the Mob, but the Treasury Department soon closes in. With JK Simmons, John Lithgow and Jon Bernthal. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.15** **A Clockwork Orange** Director Stanley Kubrick's futuristic satire based on the novel by Anthony Burgess, starring Malcolm McDowell, Patrick Magee and Warren Clarke. (1971, 18, 136min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**12.40** AM **Nightcrawler** Crime thriller with Jake Gyllenhaal. (2014, 15, 115min) ★★★★
**2.40** **Strung** Thriller starring Chloe Bailey. (2026, 15, 119min) ★★★
**4.45** **to 6.30** AM **Naked Singularity** Crime comedy drama starring John Boyega. (2021, 15, 93min) ★★★

## Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
**11.00** AM **PAW Patrol: The Movie** Animation. (2021, U) ★★★
**12.40** PM **My Spy** Action comedy. (2020, 12, 99min) ★★★
**2.35** **Mr Hobbs Takes a Vacation** Comedy. (1962, U, 110min) ★★
**4.55** **10 Things I Hate About You** Romantic teen comedy. (1999, 12, 97min) ★★★★
**6.50** **The League of Extraordinary Gentlemen** Fantasy adventure. (2003, 12, 110min) ★★

11.15 Kingsman

**The League of Extraordinary Gentlemen** (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.00** **Speed** Action thriller starring Keanu Reeves, Dennis Hopper and Sandra Bullock. An LA cop tries to save the passengers on a bus that's wired to explode if it slows under 50mph. With Jeff Daniels. (1994, 15, 105min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**11.15** **Kingsman: The Secret Service** Action comedy with Colin Firth and Taron Egerton. A streetwise teenager is given the opportunity to work with a super-secret spy organisation. (2015, 15, 128min) ★★★★
**1.50** **to 4.00** AM **To Kill a King** Historical drama starring Tim Roth and Dougray Scott. (2002, 12, 102min) ★★★

+1hour 314 430 47 301 257

## Sky Cinema Animation

302 302 402 502 516

**6.05** AM **Dr Seuss' The Lorax** Animation. (2012, U) ★★★
**7.40** **Minions** Animated comedy. (2015, U, 91min) ★★★★
**9.20** **How to Train Your Dragon** Animation. (2010, PG) ★★★★
**11.10** **How to Train Your Dragon 2** Animated adventure sequel. (2014, PG, 102min) ★★★★
**1.00** PM **Shaun the Sheep Movie** Animation. (2015, U) ★★★★
**2.30** **A Shaun the Sheep Movie: Farmageddon** Animation. (2019, U, 86min) ★★★★
**4.00** **The Secret Life of Pets** Animation. (2016, U) ★★★
**5.30** **The Secret Life of Pets 2** Animated adventure sequel. (2019, U, 86min) ★★★
**7.00** **The Wild Robot** Animation. (2024, U, 102min) ★★★★
**8.45** **Trolls** Animated musical. (2016, U, 92min) ★★★
**10.20** **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
**12.00** M'T **The Angry Birds Movie** Animation. (2016, U) ★★★
**1.40** AM **The Angry Birds Movie 2** Animation. (2019, U) ★★★
**3.20** **Pets on a Train** Animation. (2025, PG, 87min) ★★★
**4.50** **to 6.20** AM **Into the Wonderwoods** (2024, U) ★★★

## Sky Cinema Greats

307 307 404 504 518

**7.55** AM **Melancholia** As 5.50am.
**9.30** **Clear and Present Danger** Thriller. (1994, 12, 141min) ★★★
**11.55** **Dirty Harry** Police thriller. (1971, 15, 103min) ★★★★★
**1.40** PM **Lethal Weapon 3** Thriller sequel. (1992, 15, 118min) ★★
**3.40** **Lethal Weapon 4** Action thriller sequel. (1998, 15, 128min) ★★★
**5.50** **Batman** Tim Burton's adventure. (1989, 15, 121min) ★★★★
**8.00** **Batman Returns** Director Tim Burton's comic-book adventure starring Michael Keaton, Michelle Pfeiffer, Danny DeVito and Christopher Walken. (1992, 12, 121min) ★★★★
**10.10** **The Towering Inferno** Epic disaster movie starring Steve McQueen, Paul Newman, Faye Dunaway and William Holden. The inauguration of the world's tallest skyscraper goes fatally wrong when fire breaks out. (1974, 12, 165min) ★★★★
**1.00** AM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
**3.25** **Dog Day Afternoon** Thriller. (1975, 15, 130min) ★★★★
**5.30** **The Cinema List: Fear Seekers**
**5.50** **to 7.20** AM **Melancholia** Thriller. (1989, 15, 85min) ★★★★

## Disney+ Cinema

305 305

**6.00** AM **Raya and the Last Dragon** Animation. (2021, PG) ★★★★
**8.00** **The Little Mermaid** Animation. (1989, U, 87min) ★★★★★
**9.25** **The Lion King** Animation. (2019, PG, 118min) ★★★
**10.55** **Maleficent** Fairytale adventure reworking of Sleeping Beauty. (2014, PG, 97min) ★★★★
**12.35** PM **A Bug's Life** Animation. (1998, U, 94min) ★★★★★
**2.15** **Mulan** Animated adventure. (1998, U, 88min) ★★★
**3.45** **The Jungle Book** Adventure. (2016, PG, 104min) ★★★★
**5.35** **Frozen** Animated musical. (2013, PG, 108min) ★★★★
**7.20** **Flubber** Children's fantasy comedy. (1997, U, 94min) ★★★
**9.00** **Logan** Fantasy adventure starring Hugh Jackman. (2017, 15, 132min) ★★★★
**11.15** **Nightbitch** Dark comedy with Amy Adams and Scoot McNairy. (2024, 15, 99min) ★★★
**1.00** AM **A Real Pain** Comedy drama starring Kieran Culkin and Jesse Eisenberg, who also directed. (2024, 15, 90min) ★★★★★
**2.30** **A Complete Unknown** Biopic. (2024, 15, 140min) ★★★★
**4.50** **to 6.00** AM **Bambi** Cartoon. (1942, U, 69min) ★★★★★

## Movies 24

312 313 419

**7.00** AM **Mystery Island: House Rules** Drama. (2024, PG) ★★
**9.00** **Savoring Paris** Romantic drama. (2024, PG, 90min) ★★
**11.00** **A Suite Holiday Romance** Drama. (2025, PG, 90min) ★★
**1.00** PM **Betty's Bad Luck In Love** Comedy. (2024, PG, 84min) ★★
**3.00** **PREMIERE** **Toast to Italy** Romantic drama starring Torrey DeVitto. (2026, PG, 90min) ★★
**5.00** **Falling Together** Drama starring Ashley Williams. (2024, U, 90min) ★★
**7.00** **For Love & Honey** Romantic comedy starring Andrew W Walker. (2024, U, 84min) ★★
**9.00** **A Make or Break Holiday** Romantic festive drama starring Hunter King and Evan Roderick. A couple on the brink of separation agree to pretend they are still together while hosting Christmas for their families. (2025, U, 89min) ★★
**11.00** **Food for the Heart** Romantic comedy. (2023, PG, 83min) ★★
**1.00** AM **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
**3.00** **to 5.00** AM **Love Served Here** Drama. (2023, PG, 84min) ★★

Movies 24+ 315/329 314 420

## Talking Pictures

324 445 82 306 36

**6.00** AM **Where Strangers Meet**
**6.20** **The Magic Sword** Fantasy. (1962, PG, 80min) ★★
**8.00** **The Lucy Show** 3/24. (S6)
**8.35** **Tarzan and the Green Goddess** Jungle adventure. (1938, b/w, PG, 57min) ★
**9.55** **Vengeance Valley** Western. (1951, PG, 83min) ★★
**11.35** **Cycling Proficiency**
**11.40** **Batman** 16/26. (S3)
**12.15** PM **The Gentle Trap** Thriller. (1960, PG, 58min) ★★
**1.25** **The Thirty Nine Steps** Screen version of John Buchan's classic thriller. (1978, PG, 102min) ★★★
**3.30** **For the Love of Ada** 2/7. (S2)
**4.00** **The Man from UNCLE** (S2)
**5.00** **The Footage Detectives**
**6.00** **This Happy Breed** Drama. (1944, U, 114min) ★★★★
**8.15** **Ten Little Indians** Murder mystery. (1974, PG, 98min) ★
**10.15** **Rentadick** Private eye spoof. (1972, PG, 94min) ★★★
**12.05** AM **The Heritage Chart Show**
**1.10** **A Saint, a Woman, a Devil** Drama. (1977, 18, 92min) ★★★
**3.00** **Turn of Fate** 28/36. (S1)
**3.30** **The Rogues** 28/30. (S1)
**4.30** **The Adventures of Robin Hood**
**5.00** **The Buccaneers** 32/39. (S1)
**5.30** **to 6.00** AM **Supercar**

8 PM
9 PM
10 PM
11 PM

# SUNDAY Sport 9 August

## Sky Sports Main Event

401 401 501 419 439

**6.00** AM **Sky Sports Catch Up**
**7.00** **Sky Sports Breakfast**
**10.00** **Sky Sports News**
**12.00** NOON **Sports Sunday**
**12.30** PM **LIVE SPFL** Kilmarnock v Celtic. Coverage of the Scottish Premiership match staged at the BBSP Stadium Rugby Park. Kick-off **1.30pm**.
**3.45** **LIVE EFL Cup** Mansfield Town v Sheffield United. Coverage of the northern section first-round tie at One Call Stadium. Kick-off **4.00pm**.
**6.30** **LIVE The Hundred** London Spirit v Birmingham Phoenix. The men's match staged at Lord's. Start-time **6.00pm**.
**9.00** **LIVE PGA Tour Golf** The fourth and final day of the Wyndham Championship from Sedgefield Country Club in North Carolina.
**11.00** **Sky Sports Catch Up**
**12.00** M'T **LIVE WTA & ATP Tennis** Coverage from day eight of the Canadian Open of the ATP 1000 event in Montreal and the WTA 1000 event in Toronto, both of which are hard-court tournaments.
**4.00** **to 6.00** AM **Sky Sports Catch Up**

## Sky Sports Premier League

402 402 502 420 440

**6.00** AM **PL Greatest Games**
**7.00** **Best PL Goals: Arsenal**
**8.00** **Premier League 100 Club**
**8.30** **Premier League Icons**
**9.00** **Premier League Years** A look back at the 1997/98 season.
**11.00** **Premier League Years** A recap of the 2001/02 season.
**1.00** PM **Premier League Years** Memorable moments and classic games from the 2003/04 season.
**3.00** **Premier League Years** A look back at the 2025/26 season.
**5.00** **Premier League 360 – Big Sam's Bolton** A look at Sam Allardyce's Bolton team of the early 2000s in the Premier League.
**7.00** **Premier League Review** A look at some of the finest strikes throughout the 2025/26 season.
**8.00** **Brazilians in the Premier League** The Brazilian stars who have graced the top flight.
**9.00** **Transfer 360**
**10.00** **Drink It In: The Rise of Man City**
**11.00** **Premier League Years**
**1.00** AM **PL Retro** A replay of Arsenal v Tottenham Hotspur from 2008.
**3.00** **PL Greatest Games**
**4.00** **Premier League Best Goals**
**5.00** **to 6.00** AM **Premier League 100 Club**

## Sky Sports Football

403 403 503 421 441

**6.00** AM **EFL Highlights**
**9.00** **EFL Greatest Games**
**9.30** **Best Goals: EFL Cup 25/26**
**10.00** **EFL Cup Highlights**
**11.00** **Championship Season Review**
**12.00** NOON **EFL Cup Highlights**
**12.30** PM **LIVE SPFL** Kilmarnock v Celtic. Coverage of the Scottish Premiership match staged at the BBSP Stadium Rugby Park. Kick-off **1.30pm**.
**3.45** **LIVE EFL Cup** Mansfield Town v Sheffield United. The northern section first-round tie staged at One Call Stadium. Kick-off **4.00pm**.
**6.30** **EFL Cup Highlights**
**7.00** **Championship Season Review**
**8.00** **EFL Cup Highlights**
**8.30** **EFL Cup** A chance to see Mansfield Town v Sheffield United.
**10.30** **EFL Greatest Games**
**10.45** **SPFL Highlights**
**11.00** **EFL Cup Highlights**
**12.30** AM **Championship 2025/26**
**1.30** **EFL Cup Highlights**
**2.00** **Best Goals: EFL Cup 25/26**
**2.30** **Greatest Games**
**4.00** **EFL Cup Retro** The 2014 final.
**5.00** **SPFL Highlights**
**5.30** **to 6.00** AM **EFL Greatest Games**

## Sky Sports Cricket

405 405 505 422 442

**6.00** AM **The Hundred** Southern Brave v Manchester Super Giants.
**9.15** **The Hundred Bitesize**
**10.45** **LIVE The Hundred** SunRisers Leeds v Welsh Fire. Coverage of the women's match staged at Headingley Cricket Ground. Start-time **11.00am**.
**2.00** PM **LIVE The Hundred** SunRisers Leeds v Welsh Fire. Coverage of the men's match staged at Headingley Cricket Ground. Start-time **2.30pm**.
**5.30** **LIVE The Hundred** London Spirit v Birmingham Phoenix. Coverage of the men's match at Lord's. The Phoenix won by seven wickets when the teams met at Edgbaston last season, with their captain Liam Livingstone claiming the player of the match award after taking two wickets before scoring 45 off just 20 balls with the bat. Start-time **6.00pm**.
**9.00** **The Hundred Bitesize**
**10.00** **The Hundred** SunRisers Leeds Men v Welsh Fire Men.
**1.30** AM **The Hundred Bitesize**
**2.00** **The Hundred** A match replay.
**5.15** **Best of ICC WT20**
**5.45** **to 6.00** AM **The Hundred**

## Sky Sports Golf

406 406 506 423 443

**6.00** AM **PGA Tour Champions Learning Centre** Expert tips.
**6.30** **HotelPlanner Tour Golf**
**7.00** **PGA Tour Golf**
**12.00** NOON **PGA Tour Champions**
**1.00** PM **LIVE Ladies European Tour Golf** Day four of the PIF London Championship staged at Centurion Club in St Albans.
**5.00** **LIVE PGA Tour Golf** Coverage of the fourth and final day of the Wyndham Championship from Sedgefield Country Club in Greensboro, North Carolina.
**11.00** **Solheim Cup Golf** Highlights.
**1.00** AM **Solheim Cup Golf**
**2.00** **Golf Academy** Expert advice.
**3.00** **PGA Tour Golf** Highlights.
**4.00** **Golf Academy**
**5.00** **to 6.00** AM **School of Golf**

## Sky Sports Tennis

408 408 508 425 445

**6.00** AM **WTA & ATP Tennis**
**1.00** PM **ATP Tour This Week**
**1.30** **WTA & ATP Tennis**
**5.30** **LIVE WTA & ATP Tennis** Coverage of day eight of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto, both of which are hard-court tournaments, where the fourth round is scheduled to conclude.
**9.30** **LIVE WTA & ATP Tennis** Continued coverage of day eight of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto.
**4.00** **to 6.00** AM **WTA & ATP Tennis**

## TNT Sports 1

410 413 521 408 430

**7.00** AM **LIVE Snooker: Chinese Open** Coverage of the fourth session of round one held at Riverside Sports Centre, Taiyuan.
**10.30** **The Breakdown**
**11.00** **TNT Sports Reload**
**11.30** **LIV Golf** From New Jersey.
**1.00** PM **CPL Highlights**
**1.30** **Playing for Our Future: Cricket**
**1.45** **Tour de France Women**
**2.45** **LIVE Tour de France Women** Coverage from the ninth and final stage of the Grand Tour race, a mountain circuit of 99km starting and finishing in Nice.
**7.15** **TNT Sports Reload**
**8.00** **MotoGP** Grand Prix of Britain.
**9.00** **LIVE MLB** Arizona Diamondbacks v Los Angeles Dodgers. Coverage of the National League West match at Chase Field. Start-time **9.10pm**.
**12.00** M'T **MLB Classic**
**12.30** AM **Training Day**
**12.45** **MLB Classic** Johnny Bench.
**1.15** **LIVE MLB** San Diego Padres v Houston Astros. The inter-league match at Petco Park. Start-time **1.20am**.
**4.00** **WRC Review** Rally Finland.
**5.00** **to 6.00** AM **Fishing**

## TNT Sports 2

411 414 522 409 431

**6.00** AM **Premier League Stories**
**6.30** **What I Wore** Glenn Hoddle.
**7.00** **Tour de France Women**
**8.00** **MotoGP** Grand Prix of Britain.
**8.31** **LIVE British Talent Cup** The third day of the fifth round of the season staged at Silverstone.
**9.30** **LIVE MotoGP** The Grand Prix of Britain MotoGP warm-up session.
**10.00** **LIVE MotoGP** Coverage of the Grand Prix of Britain Moto2 race.
**12.15** PM **LIVE MotoGP** The Grand Prix of Britain MotoGP race, the 12th round of the season at Silverstone. Start-time **1.00pm**.
**2.15** **LIVE MotoGP** The Grand Prix of Britain Moto3 race at Silverstone.
**3.30** **LIVE LIV Golf** Coverage of the fourth and final day of the 11th round of the season at Trump National Golf Club Bedminster.
**9.30** **AFL** St Kilda Saints v Carlton Blues.
**11.00** **CPL Highlights**
**11.30** **LIVE CPL** Antigua & Barbuda Falcons v Saint Lucia Kings. Coverage of the T20 match staged at Arnos Vale Stadium in Saint Vincent.
**3.45** AM **TNT Sports Cricket Reload**
**4.00** **to 6.00** AM **Snooker**

## Sky Sports Action

412 410 510 426 446

**6.00** AM **Super League** Warrington Wolves v Hull Kingston Rovers.
**9.00** **Zuffa Boxing** Recent action.
**10.00** **MVP Boxing** Highlights.
**11.00** **NBA Basketball** Los Angeles Lakers v Los Angeles Clippers.
**1.00** PM **NBA Basketball** Cleveland Cavaliers v Milwaukee Bucks.
**3.00** **NFL Highlights**
**4.00** **Super League Highlights**
**5.00** **NFL Highlights**
**6.00** **Zuffa Boxing** Highlights from Aaron McKenna v Etinosa Oliha.
**7.00** **MVP Boxing** Cherneka Johnson v Dina Thorslund from Caribe Royale Resort in Orlando, Florida.
**8.00** **NFL Bitesize Highlights** Chicago Bears v Green Bay Packers in the 2025/26 season.
**8.15** Jacksonville Jaguars v Buffalo Bills from 2025/26.
**8.30** **LIVE WNBA** Minnesota Lynx v Dallas Wings. Coverage of the Western Conference match staged at Target Center. Tip-off **8.30pm**.
**11.00** **Super League Highlights**
**12.00** M'T **NFL Highlights**
**2.00** AM **Super League**
**4.45** **Women's Super League**
**5.00** **to 6.00** AM **Super League**

## Sky Sports Sky Sports+

404 404 504 427 447

**6.00** AM **Sky Sports Catch Up**
**7.00** **Sky Sports Breakfast**
**10.00** **Sky Sports News**
**12.00** NOON **Sports Sunday**
**2.00** PM **My Icon** Sporting influences.
**2.25** **LIVE The Hundred** London Spirit v Birmingham Phoenix. Coverage of the women's game at Lord's. The Spirit claimed an 88-run victory when these teams faced each other last season. Start-time **2.30pm**.
**5.30** **LIVE WTA & ATP Tennis** Coverage of day eight of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto, both of which are hard-court tournaments, where the fourth round is scheduled to conclude.
**9.30** **LIVE WTA & ATP Tennis** Continued coverage of day eight of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto. Naomi Osaka made light work of her match against Anastasija Sevastova at this stage 12 months ago in a 6-1 6-0 victory.
**4.00** **to 6.00** AM **WTA & ATP Tennis**

## Sky Sports Mix

416 412 511 429 449

**6.30** AM **Women's State of Origin**
**7.15** **NFL Highlights**
**8.15** **PL Greatest Games**
**9.15** **LIVE NRLW** Sydney Roosters v Parramatta Eels. Coverage of the match at Polytec Stadium. Kick-off **9.15am**.
**11.15** **My Icon** Ryan Atkin.
**11.30** **Darts Gold** Archive action.
**12.00** NOON **My Icon** Double bill.
**12.25** PM **Boxing** Recent highlights.
**2.25** **LIVE The Hundred** London Spirit v Birmingham Phoenix. The women's match held at Lord's. Start-time **2.30pm**.
**5.30** **LIVE The Hundred** London Spirit v Birmingham Phoenix. Coverage of the men's game at Lord's. Start-time **6.00pm**.
**9.00** **Zuffa Boxing** Recent action.
**10.00** **MVP Boxing** Highlights.
**11.00** **NFL Highlights**
**12.00** M'T **My Icon** Sporting influences.
**12.30** AM **Gerwyn Price: Welsh Glory**
**1.00** **Premier League Darts**
**4.10** **Darts Gold** Archive action.
**4.15** **Super League Highlights**
**5.00** **My Icon** Sporting influences.
**5.30** **to 6.00** AM **Peter Wright: Double Champ 20 & 22**

## TNT Sports 3

413 415 523 410 432

**6.00** AM **MotoGP** Highlights.
**6.30** **TNT Sports Reload**
**7.00** **LIVE AFL** West Coast Eagles v Collingwood Magpies. Coverage of the match from Optus Stadium in Perth. Bounce-up **7.10am**.
**10.00** **Premier League Stories**
**10.30** **Tour de France Women**
**11.30** **Men's Cycling** Tour of Poland.
**12.30** PM **LIVE Cycling** Coverage of the men's seventh and final stage of the Tour of Poland.
**3.45** **LIVE Longines Global Champions Tour** The 11th round of the season in London.
**5.30** **MLB Highlights**
**6.30** **LIVE MLB** New York Yankees v Atlanta Braves. Coverage of the inter-league match. Start-time **6.35pm**.
**9.30** **UFC** Gamrot v Salkilld.
**12.30** AM **Cycling Highlights**
**3.30** **Ultimate Pool** Recent action.
**5.00** **to 6.00** AM **Speedway**

## TNT Sports 4

414 416 524 411 434

**6.00** AM **LIV Golf** From New Jersey.
**7.30** **LIVE AFLW** St Kilda v Carlton. Coverage of the match staged at Marvel Stadium. Bounce-up **7.35am**.
**9.30** **Kenny Allstar's Number 1's**
**10.00** **LIVE AFL** St Kilda v Carlton. From Marvel Stadium. Bounce-up **10.20am**.
**1.00** PM **MLB Highlights**
**2.00** **LIVE London Premier Padel** The women's final from the Grand Hall at Olympia in London.
**4.00** **LIVE London Premier Padel** Coverage of the men's final at the Grand Hall at Olympia in London.
**6.00** **AFL** Two match replays.
**9.00** **LIVE NWSL** Boston Legacy v Portland Thorns. Kick-off **9.30pm**.
**11.15** **Snooker: Chinese Open**
**1.15** AM **What Went Down**
**1.30** **AFL** A match replay.
**3.00** **Tour de France Women**
**4.00** **to 6.00** AM **Men's Cycling**

## Premier Sports 1

419 APP 528

**6.00** AM **FIM Sidecarcross Championship** From Lithuania.
**7.00** **German Cup** This year's final.
**9.00** **FIM Quadcross Championship**
**9.30** **Bike World** Magazine.
**10.00** **Football** Leverkusen v Sevilla.
**12.00** NOON **Sporting Greats**
**12.30** PM **Football** A match replay.
**2.30** **Sporting Greats**
**3.00** **FIM Sidecarcross Championship**
**4.00** **LaLiga** Barcelona v Real Madrid.
**6.00** **Football** Leverkusen v Sevilla.
**7.55** **LIVE Brasileiro Serie A** Palmeiras v Internacional. The Brazilian top-flight match held at Nubank Parque. Kick-off **8.00pm**.
**10.00** **LaLiga Match Highlights**
**10.25** **LIVE Brasileiro Serie A** Red Bull Bragantino v Corinthians. The Brazilian top-flight match at Estádio Cicero de Souza Marques. Kick-off **10.30pm**.
**12.30** AM **Sporting Greats**
**1.00** **FIM Sidecarcross Championship**
**2.00** **to 6.00** AM **Brasileiro Serie A**

## Premier Sports 2

420 APP 529

**6.00** AM **Scottish Cup Football** A replay of Rangers v Celtic.
**8.45** **Africa Eco Race**
**9.00** **Coppa Italia** Another chance to see Inter Milan v FC Como.
**11.00** **Coppa Italia** A chance to see Lazio v Inter Milan in the final.
**1.00** PM **Football's Greatest** A selection of the finest players in history discuss their careers.
**1.30** **NHL Ice Hockey** Vegas Golden Knights v Carolina Hurricanes in game six of the Stanley Cup Finals.
**3.45** **Africa Eco Race** Highlights.
**4.00** **NASCAR O'Reilly Series**
**7.00** **NASCAR Highlights** Action from the Brickyard 400.
**8.00** **LIVE NASCAR** Coverage of the Iowa Corn 350, the 23rd round of the season staged at Iowa Speedway in Newton, Iowa.
**12.30** AM **Bike World** Magazine.
**1.00** **Motorsport** Drew Gibson.
**2.00** **to 6.00** AM **Rugby Junior World Championships**

## Sky Sports F1

407 407 507 424 444

**6.00** AM **Formula 1** Highlights.
**12.00** NOON **Ferrari Challenge UK**
**12.30** PM **Formula 1** Highlights.
**3.30** **GB3 Championship Highlights**
**4.30** **Indycar** Grand Prix of Portland.
**6.00** **LIVE Indycar** The Grand Prix of Portland warm-up session.
**7.00** **LIVE Indy NXT** Coverage of the Grand Prix of Portland in Oregon.
**8.00** **Classic Indycar** Archive action.
**8.45** **All In: Indycar** Race preview.
**9.00** **LIVE Indycar** Coverage of the Grand Prix of Portland in Oregon.
**11.30** **Indy NXT** Grand Prix of Portland.
**12.30** AM **F1 Features**
**1.00** **to 6.00** AM **The Best of F1**



SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

# Monday

10 August

## Planner

### European Athletics Championships

*ATHLETICS BBC 1, BBC2, TNT Sports & BBC iPlayer*

Coverage starts today from Birmingham's Alexander Stadium, where a stand has been named in honour of local hero Matt Hudson-Smith who is due to be in action today in the men's 400m.

### House of the Dragon

*FANTASY DRAMA Sky Atlantic, 9pm & HBO Max*

Season three of the fantasy drama comes to an end with an epic finale. Has Ormund Hightower's (James Norton) plot to overthrow Rhaenyra succeeded – or will we be kept waiting to find out in the fourth and final series?

### My Life Is Murder

*DRAMA U&Alibi, 8pm*

Lucy Lawless returns as private investigator Alexa Crowe in a fifth series of the cosy Aussie-Kiwi whodunit. Alexa's first case takes her into the world of elite cheerleading after a fitness influencer unwittingly livestreams his own murder.

### Warren's Vortex

*COMEDY Sky Comedy, 10.10pm & 10.40pm (box set, Sky Box Sets & NOW)*

After *My Life Is Murder*, we're staying in the Antipodes for an entertaining Kiwi sci-fi comedy. Handyman Warren has spent years hiding an interdimensional portal in his shed—until his daughter accidentally discovers it...

Monday

| SKY | EVENING TIME | 7.00PM | 7.30PM | 8.00PM | 8.30PM | 9.00PM | 9.30PM | 10.00PM | 10.30PM |
|---|---|---|---|---|---|---|---|---|---|
| FAVOURITES | 101 BBC1 | 7.00 The One Show | 7.30 EastEnders | 8.00 Athletics: European Championships – Live: Coverage of day one | | | | 10.00 News; Local News | |
| | 102 BBC2 | 7.00 Athletics: European Championships... | | 8.00 Only Connect | 8.30 University... | 9.00 Evolution | | 10.00 Mortimer &... | 10.30 Newsnight |
| | 103 ITV1 | ‹ 6.30 News | 7.30 Fletchers'... | 8.00 Emmerdale | 8.30 Coronation... | 9.00 Long Lost Family: Born Without Trace | | 10.00 News; Local News | |
| | 104 CHANNEL 4 | 7.00 News | | 8.00 Martin and Roman's Irish Road Trip | | 9.00 Celebrity Hunted | | 10.00 Secret Lives of Gypsy Wives | |
| | 105 5 | 7.00 Motorway Cops: Catching Britain's... | | 8.00 Street Cops: Catching the Yobs | | 9.00 Fare Dodgers: At War with the Law | | 10.00 Police Interceptors: Taking Down the... | |
| | 106 SKY ONE | 7.00 The Simpsons | | 8.00 Agatha Raisin | | | | 10.00 Last Week Tonight with John Oliver | |
| ENTERTAINMENT | 115 BBC3 | 7.05 Deadly 60 | | 8.00 The Great British Sewing Bee | | 9.00 Top Gear: Burma Special | | | |
| | 116 BBC4 | 7.00 The Architecture the... | 7.40 Flying... | 8.00 The Art of Spain | | 9.00 Mastermind | 9.30 Call My Bluff | 10.00 The Sky at... | 10.30 The Golden... |
| | 118 ITV2 | 7.00 The Floor USA | | 8.00 The 1% Club | | 9.00 The Only Way Is Essex | | 10.00 Family Guy | |
| | 136 MORE4 | ‹ 6.50 Car S.O.S. | | 7.55 Grand Designs | | 9.00 24 Hours in A&E | | | |
| | 135 E4 | 7.00 Hollyoaks | 7.30 The Simpsons | 8.00 Vanderpump Rules | | 9.00 Below Deck Down Under | | 10.00 Gogglebox | |
| | 107 SKY WITNESS | 7.00 Nothing to Declare | | 8.00 Caught on Dashcam | | 9.00 Law & Order: Special Victims Unit | | 10.00 Law & Order: Criminal Intent | |
| | 108 SKY ATLANTIC | ‹ 6.45 The Penguin | | | | 9.00 House of the Dragon | | | 10.25 Possession |
| | 110 U&GOLD | 7.00 Only Fools and Horses | 7.40 Dad's Army | 8.20 Are You Being Served? | | 9.00 Porridge | 9.40 The Office | | 10.20 Not Going Out |
| | 111 U&DAVE | 7.00 Mortimer & Whitehouse | 7.40 Would I Lie to You? | 8.20 Would I Lie to You? At... | | 9.00 Have I Got 2021 News for You | | 10.00 QI XL | |
| | 119 ITV3 | ‹ 6.55 Heartbeat | | 8.00 Midsomer Murders | | | | 10.00 Grantchester | |
| | 120 ITV4 | 7.00 River Monsters | | 8.00 The Motorbike Show | | 9.00 Film: Under Siege 2 | | | |
| | 112 COMEDY CENTRAL | 7.00 Friends | | | | 9.00 Stupid Central | | 10.00 Mr Bean | |
| | 145 SKY SCI-FI | 7.00 Stargate Atlantis | | 8.00 Stargate SG-1 | | 9.00 Resident Alien | | 10.00 Grimm | |
| | 143 U&DRAMA | ‹ 6.40 Last of the Summer Wine | | 8.00 The Brokenwood Mysteries | | | | 10.00 New Tricks | |
| | 109 U&ALIBI | 7.00 Private Eyes | | 8.00 My Life Is Murder | | 9.00 Death in Paradise | | 10.00 Father Brown | |
| | 122 SKY ARTS | 7.00 Alfred Hitchcock Presents | | 8.00 André Rieu: La Vie Est Belle | | | 9.45 Billy Elliot: The Musical | | |
| | 132 U&W | 7.00 MasterChef Australia | | 8.00 Pete Wicks: For Dogs' Sake | | 9.00 One Born Every Minute | | | |
| DOCUMENTARY | 125 DISCOVERY | 7.00 Supercar Showroom | | 8.00 Ant Anstead Master Mechanic | | 9.00 Maine Cabin Masters | | 10.00 Building Off the Grid | |
| | 162 ANIMAL PLANET | 7.00 Treehouse Masters: Out on a Limb | | 8.00 Air Jaws: Night Stalker | | 9.00 Alaska: The Last Frontier | | 10.00 Alaskan Bush People | |
| | 129 NAT GEO | 7.00 Air Crash Investigation | | 8.00 Disaster Autopsy | | 9.00 Air Crash Investigation | | 10.00 Plane Crash Recreated | |
| | 123 SKY HISTORY | 7.00 Forged in Fire | | 8.00 Swamp Mysteries with Troy Landry | | 9.00 Secrets Declassified with David... | | 10.00 UFO POV | |
| | 155 U&YESTERDAY | 7.00 A Perfect Planet | | 8.00 Canal Boat Diaries | | 9.00 Portillo's Empire Journey | | 10.00 Bangers & Cash | |
| | 114 SKY DOCS | ‹ 6.00 An American Bombing: The Road... | | 8.00 Libby, Are You Home Yet? | | | | | |

‹ Denotes programmes starting before 7.00pm † Regions vary

# MONDAY

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Monday

## BBC1

101 101 | 101 | 1 | 101 | 101 | 1

**6.00** AM **Breakfast** (S)
**9.30** **Animal Park** (S)(R)(AD)
**10.00** **Trace, Track, Get My Car Back** (R)
**10.30** **LIVE Athletics: European Championships** Coverage of the opening session on the first day at Alexander Stadium in Birmingham. *Continues at 7.00pm on BBC2.* *See feature, page 28.* (S)
**1.15** PM **BBC News** (S)
**1.40** **Local News** (S)
**1.50** **BBC News** (S)
**2.00** **Money for Nothing** New edition Sarah Moore recovers plates, seats and an old wash stand. (S)
**2.45** **Escape to the Country** (S)(R)(AD)
**3.30** **The Repair Shop** (S)(R)(AD)
**4.30** **The Answer Run** New edition (S)
**5.15** **Pointless** Quiz show. (S)(R)
**6.00** **BBC News** (S)
**6.30** **Local News** (S)

**7.30** EastEnders

**7.00** **The One Show** Angellica Bell reports live from Birmingham as the show prepares to celebrate its 20th anniversary on Friday. (S)
**7.30** **EastEnders** Max and Cindy set a New Year's date for their wedding. (S)(AD)

**8.00** **LIVE Athletics: European Championships** Gabby Logan presents further coverage of the evening session on day one from Alexander Stadium in Birmingham. The women's 100m final is the concluding event of the night and it was won by Great Britain's Dina Asher-Smith two years ago in Rome. Medals are also awarded in the men's 5,000m, men's shot put and the mixed 4x400m relay. With expert analysis by Jessica Ennis-Hill, Jenny Meadows and Greg Rutherford. (S)

**10.00** **BBC News** (S)
**10.30** **Local News** (S)
**10.40** **FILM Bridget Jones's Baby** Romantic comedy sequel starring Renée Zellweger, Colin Firth and Patrick Dempsey. Bridget's focus on single life and her career is interrupted when she finds herself pregnant, but with one hitch – she can only be 50 per cent sure of the identity of her baby's father after a pair of one-night stands. With Emma Thompson. (S)(AD) (2016, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
**12.35** AM **Weather for the Week Ahead** Seven-day forecast. (S)
**12.40** **to 6.00** AM **BBC News** (S)

## BBC2

102 102 | 102 | 2 | 102 | 102 | 2

**6.30** AM **Bargain Hunt: 20 Years of The One Show** (S)(R)(AD)
**7.15** **Money for Nothing** (S)(R)
**8.00** **Sign Zone: The Repair Shop** (S)(R)
**9.00** **BBC News** (S)
**10.30** **Antiques Road Trip** (S)(R)
**11.15** **Homes Under the Hammer** (S)(R)
**12.15** PM **Bargain Hunt** (S)(R)
**1.00** **Richard Osman's House of Games** Quiz show. (S)(R)
**1.30** **The Finish Line** Game show. (S)(R)
**2.15** **Do You Know Your Place?** (S)(R)
**2.45** **The Farmers' Country Showdown**
**3.30** **Spy in the Ocean** (S)(R)(AD)
**4.30** **Vintage Antiques Roadshow** (R)
**5.15** **Flog It!** From Bletchley Park. (S)(R)
**6.00** **Richard Osman's House of Games** Quiz show. (S)(R)
**6.30** **Bear Grylls: Wild Reckoning** Former best friends work to repair their broken relationship. (S)(R)(AD)

**9.00** Evolution

**7.00** **LIVE Athletics: European Championships** Coverage of the evening session on the opening day staged at Alexander Stadium in Birmingham, including the women's shot put final. *Coverage continues on BBC1.* (S)

**8.00** **Only Connect** New edition The Double Features take on the Colonial Geese in the first round. (S)
**8.30** **University Challenge** New edition Magdalen College, Oxford, take on the University of Warwick in the first round. (S)

**9.00** **Evolution** Series finale 5/5. Chris Packham reveals why the horse became so fast as he sets out on an odyssey that explores the evolutionary beginnings of animal movement. (S)(AD)
■ Entire series on BBC iPlayer

**10.00** **Mortimer & Whitehouse: Gone Fishing** The duo travel to the Highlands on a quest to catch ferox trout in the River Garry. (S)(R)(AD)
**10.30** **Newsnight** (S)

**11.05** **FILM Shaft** Action thriller starring Richard Roundtree and Moses Gunn. A tough private eye investigates a kidnapping. (S) (1971, 15, 95min) ★★★★
**12.40** AM **Sign Zone: Countryfile** Exploring the lives of a new generation of farmers. (S)(R)
**1.35** **Sign Zone: Bergerac** 4/6. Chloe finds evidence proving that there is some truth in John Blakely's accusations. (S1) (S)(R)(AD)
**2.25** **to 6.15** AM **Previews** (S)

## ITV1

103 103 | 103 | 3 | 103 | 103 | 3

**6.00** AM **Good Morning Britain** (S)
**10.00** **This Morning** (S)
**1.30** PM **ITV News** (S)
**1.55** **Local News** (S)
**2.00** **Dickinson's Real Deal** David and the team visit Blackburn, where Matt Taylor happens upon an unlikely duet, Alys Dobbie sizes up a vintage dress, and Tim Hogarth coins it in. (S)(R)(AD)
**3.00** **Deal or No Deal** Stephen Mulhern hosts as contestant Leon tries to open the 22 red boxes in the right order for the chance to win a life-changing cash prize. (S)(R)
**4.00** **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
**5.00** **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
**6.00** **Local News** (S)
**6.30** **ITV News** (S)

**9.00** Long Lost Family

**7.30** **Fletchers' Family Farm** 9/10. The Fletchers focus on diversification at the farm as Kelvin forages for berries and herbs to make their very own Fletchers' gin, while Marnie and Milo retrieve their wildlife cameras. (S)(R)(AD)

**8.00** **Emmerdale** A villager's life is turned upside down, while Charity clings to her secret. (S)(AD)
**8.30** **Coronation Street** Tim urges Richie to make a go of his marriage, and Sarah finishes with Kit. (S)(AD)

**9.00** **Long Lost Family: Born Without Trace** New edition Davina McCall and Nicky Campbell help foundlings Michael and Christine uncover why their mothers abandoned them. (S)(AD)

**10.00** **ITV News** (S)
**10.30** **Local News** (S)
**10.45** **Cold Case Forensics: A Death on the Nile** 2/3. Forensic scientist Dr Angela Gallop and her team investigate the mysterious death of British solicitor Cheryl Lewis while on a romantic holiday in Egypt. (S)(R)(AD)
**11.45** **Love & Death** 5/7. Candy retains Don Crowder as her attorney after detectives intensify questioning, while Allan admits his affair to Betty's relatives. (S1) (S)(R)(AD)
**12.35** AM **Teleshopping**
**3.00** **The Staircase** (S1) (S)(SL)(R)(AD)
**4.10** **Unwind with ITV** (S)
**5.10** **to 6.00** AM **Dickinson's Real Deal** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

## CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

**6.30** AM **The King of Queens** (S)(R)(AD)
**7.45** **Everybody Loves Raymond** (S)(R)
**9.10** **Frasier** (S4&5) (S)(R)(AD)
**11.10** **Ramsay's Kitchen Nightmares USA** In Georgetown, Texas. (S)(R)
**12.05** PM **News** (S)
**12.10** **Find It, Fix It, Flog It** (S)(R)(AD)
**1.10** **The Great House Giveaway** (S)(R)
**2.10** **Countdown** New edition (S)
**3.00** **A Place in the Sun** A property in Mojácar, south-east Spain. (S)(R)
**4.00** **Saving Country Houses with Penelope Keith** An exceptional attic model railway is revealed at Chavenage. (S)(R)(AD)
**5.00** **Chateau DIY** At Château Lagorce, Anna and Edward race to bring down a huge fig tree. (S)(R)(AD)
**6.00** **American Pickers** Series finale 10/10. Mike and Frank encounter a coin-op empire. (S)(AD)

**8.00** Martin & Roman's Irish Road Trip

**7.00** **News** (S)

**8.00** **NEW SERIES Martin & Roman's Irish Road Trip** 1/3. Father-and-son Martin and Roman Kemp explore the history of Ireland, beginning in County Cork, where they go kayaking and visit the former prison Spike Island. (S)(AD)

**9.00** **Celebrity Hunted** New edition A daring escape plot is hatched in Brighton. Two of the celebs tap into a military network for support. But the Hunters have picked up their signal and are closing in. (S)(AD)
■ Continues tomorrow

**10.00** **Secret Lives of Gypsy Wives** New edition Trewley clashes with her older sisters when they try to stop her going out to meet a friend, claiming she should still be subject to curfews and chaperones. (S)(AD)
■ Entire series on C4 streaming

**11.05** **Surgery Secrets of the Super Rich** Documentary. (S)(R)(AD)
**12.05** AM **Secrets of the Celebrity Sex Tapes** Series finale 8/8. (S)(AD)
**12.55** **Ramsay's Hotel Hell** (S)(R)(AD)
**1.50** **Murder Case: The Digital Detectives** (S)(SL)(R)(AD)
**2.40** **FILM Saba** Bangladeshi drama. Subtitled. (2024, 15, 95min) ★★★★
**4.20** **Find It, Fix It, Flog It** (S)(R)
**4.40** **Hollyoaks Omnibus** (S)(R)(AD)
**5.50** **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252



(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

## 5

105 105 105 5 105 105 5

**5.35** AM **Milkshake!**
**9.15** **Jeremy Vine** (S)
**11.30** **Storm & Alexis** (S)
**12.45** PM **News** (S)
**12.50** **Matt Allwright** (S)
**2.20** **FILM My Fatal Memory** Thriller starring Kate Watson. (S) (2022, 12, 100min) ★★
**4.00** **Castle** *The Wrong Stuff:* 16/23. An astronaut is murdered during a simulation for a mission to Mars. (S7) (S)(R)
**4.55** **Love Nature** Cameras focus on the Cornish Seal Sanctuary, which rehabilitates around 70 seal pups a year. (S)(R)
**5.00** **News** (S)
**6.00** **Sardinia: Jewel of the Med** Documentary exploring the Italian island of Sardinia. (S)(R)
**6.55** **News** (S)

**8.00** Street Cops

**7.00** **Motorway Cops: Catching Britain's Speeders** Humberside Police gets multiple calls about a potential drink driver all over the road. (S)(R)
**7.55** **News** (S)

**8.00** **Street Cops: Catching the Yobs** New edition In Wellingborough, Josh hunts down an e-biker who appears to throw something in the bushes while trying to run from the law. (S)

**9.00** **Fare Dodgers: At War with the Law** New edition Transport for London investigators Lisa, Holly and Greg hunt for a suspected fare evader owing the network almost £4,000 in unpaid fares. (S)

**10.00** **Police Interceptors: Taking Down the Shoplifting Gangs** Detectives in Cheshire investigate an international criminal gang responsible for stealing £160,000 worth of goods from Asda. (S)(R)
**11.05** **Traffic Cops** Near York, a young car thief leads officers on a dangerous pursuit. (S)(R)
**12.05** AM **Car Pound Cops** (S)(R)
**1.00** **Teleshopping** (S)(R)
**2.00** **GPs: Behind Closed Doors** (R)
**2.50** **Castle** As 4.00pm. (S)(R)
**3.40** **Friends** (S3) (S)(R)(AD)
**4.30** **Yorkshire with Jane McDonald** (S)(SL)(R)
**5.25** **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

## SKY ONE

106 106 109 346 361

**6.00** AM **Mornings**
**7.00** **Mornings with Ridge and Frost**
**8.00** **Stargate SG-1** (S6) (S)(R)
**9.00** **NCIS: Los Angeles** (S14) (S)(R)
**10.00** **Will & Grace** (S11) (S)(R)(AD)
**11.00** **The Simpsons** (S)(R)
**12.00** NOON **Ningaloo: Australia's Ocean Wonder** (S)(R)
**1.00** PM **Hawaii Five-0** (S7) (S)(R)
**3.00** **S.W.A.T.** (S1) (S)(R)(AD)
**5.00** **The Simpsons** *Homer Defined:* Homer saves Springfield from a nuclear meltdown. (S)(R)
**5.30** *When Flanders Failed:* Ned Flanders opens a shop. (S)(R)
**6.00** **Animal Control** 6/12. Templeton is nominated for Animal Control Officer of the Year. (S)(R)
**6.30** 7/12. Frank's dad moves in with him while recuperating from a heart attack. (S4) (S)(R)

**8.00** Agatha Raisin

**7.00** **The Simpsons** *Like Father, Like Clown:* Lisa and Bart help Krusty the Clown find his father. With Jackie Mason. (S)(R)
**7.30** *Lisa's Pony:* Homer buys Lisa a pony in a bid to prove his love for her. (S)(R)

**8.00** **Agatha Raisin** *Agatha Raisin and the Fairies of Fryfam:* 3&4/6. Looking to get away for a few days, Agatha rents a cottage in a Norfolk village where mythical fairies are said to live. Before she can start relaxing, however, she is employed by a local woman to prove that her wealthy husband is having an affair, but it soon turns into a case of murder. (S2) (S)(R)(AD)

**10.00** **Last Week Tonight with John Oliver** New edition The comedian hosts an in-depth, satirical look at developments from the past seven days.
**10.45** **Animal Control** *Roosters and Moles:* 6/12. Templeton is nominated for Animal Control Officer of the Year award. (S4) (S)(R)
**11.15** **Animal Control** (S4) (S)(R)
**11.45** **Grimm** 9/13. (S6) (S)(R)
**12.40** AM **The Force: Manchester** (R)
**1.35** **Road Wars** (S)(R)
**2.00** **Best Medicine** New episode *Mind Your Own Buboes:* 11/13. A patient with fleas sparks fears of a plague outbreak. (S1) (S)
**3.00** **Hawaii Five-0** (S7) (S)(R)
**4.00** **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

## LOCAL VARIATIONS

### BBC1

**SCOTLAND**
Sky 964, Virgin 862, Freesat 964
**12.35am** Scotcast (S)(R) **1.05** Weather for the Week Ahead (S) **1.10-6.00am** BBC News (S)

**N. IRELAND**
Sky 966, Virgin 863, Freesat 966
**10.40pm** Girl Fight (S)(R) **11.10** **FILM** Bridget Jones's Baby (S)(AD) (2016, 15, 115min) ★★★ **1.05-6.00am** BBC News (S)

**WALES**
Sky 965, Virgin 864, Freesat 965
No variations

### BBC2

**N. IRELAND**
Sky 969, Freesat 969
**10.00-10.30pm** Kayak ó Thuaidh (S)(R)

**WALES**
Sky 968, Freesat 968
No variations

### ITV1

As main ITV1 except:

**WALES**
**10.45-11.45pm** Deal or No Deal: Celebrity Special New edition (S)(AD)

### S4C

Sky 134, Virgin 164, Freesat 120
**6.00am** Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Ffasiwn Drefn (AD) **12.30** Heno **1.00** Straeon Harri Parri **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Y Sioe **4.00** Awr Fawr **5.00** Stwnsh **6.00** Arfordir Cymru: Sir Benfro (AD) **6.30** Ralïo+ **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Sgwrs Dan y Lloer **8.25** Garddio a Mwy New edition **8.55** Newyddion a'r Tywydd **9.00** Cefn Gwlad New edition (AD) **9.58** Y Tywydd **10.00** Y Deis **10.30-11.35pm** Y Fets

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## BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

**7.00** PM **The Catch Up**
**7.05** **Deadly 60** Steve Backshall explores Madagascar. **7.30** A look at Uganda's gorillas and baboons.
**8.00** **The Great British Sewing Bee** 4/10. Sophie Willan presents as the show celebrates the fashion and textile traditions of Mexico.
**9.00** **Top Gear: Burma Special** 1/2. Jeremy Clarkson, Richard Hammond and James May travel through Burma in three lorries to build a bridge over the River Kwai in Thailand.
**10.05** **Top Gear: Burma Special** 2/2. Jeremy Clarkson, Richard Hammond and James May venture into a state riven by civil war as they head toward Thailand and their final challenge.
**11.05** **Tommy: The Good. The Bad. The Fury** 6/10. Tommy faces his comeback fight in Budapest.
**11.35** **Tommy: The Good. The Bad. The Fury** 7-10/10.
**1.35** AM **Drugs Map of Britain**
**3.35** **to 3.55** AM **Disclosure**

## MORE4

136/137 127 147 18 124 15

**8.55** AM **Find It, Fix It, Flog It**
**10.00** **Four in a Bed**
**12.40** PM **Come Dine with Me** Five editions of the culinary contest from Kent.
**3.20** **Four in a Bed** Five editions of the B&B challenge.
**5.50** **Car S.O.S** Tim Shaw and Fuzz Townshend restore a Porsche in terrible condition.
**6.50** **Car S.O.S** Tim and Fuzz head to Co Durham to secretly fix-up an Austin Healey 3000 for John, who has Parkinson's.
**7.55** **Grand Designs** Kevin McCloud follows Steph and Alex as they build a contemporary, cantilevered farmhouse on farmlands once owned by her grandfather in Herefordshire.
**9.00** **24 Hours in A&E** An 85-year-old man is brought in with a swollen hand after cutting his finger on some wire two weeks earlier, and a 23-year-old woman is rushed in following a car crash.
**10.00** **24 Hours in A&E** Patients include a 27-year-old tree surgeon who fell from 40ft, hitting several branches on the way down and landing head-first onto concrete.
**11.05** **999: On the Front Line**
**12.05** AM **Emergency Helicopter Medics**
**1.10** **24 Hours in A&E**
**3.20** **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 347 125

## BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

**7.00** PM **The Architecture the Railways Built** Tim Dunn explores disused Tube station Down Street in Mayfair.
**7.40** **The Flying Gardener** Examples of vertical gardening in the Cotswolds.
**8.00** **The Art of Spain** Exploring the golden age of Spanish painting.
**9.00** **Mastermind** The first heat of the 1977 run of the quiz.
**9.30** **Call My Bluff** With Joanna Lumley, Russell Harty, Bryan Forbes and Nanette Newman.
**10.00** **The Sky at Night** New edition Exploring the mysteries of black holes.
**10.30** **Omnibus: The Golden Age of Spanish Painting**
**11.20** **One Hundred Great Paintings** Documentary.
**11.35** **Britain's Lost Waterlands: Escape to Swallows and Amazons Country**
**12.35** AM **The Flying Gardener**
**12.50** **The Art of Spain**
**1.50** **Omnibus: The Golden...**
**2.40** **to 3.40** AM **Britain's Lost Waterlands: Escape to...**

## E4

135/136 126 106 13 122 13

**6.00** AM **Hollyoaks**
**6.55** **Rude(ish) Tube Shorts**
**7.00** **Couples Come Dine with Me** From Manchester.
**8.00** **Ramsay's Kitchen Nightmares USA**
**10.00** **America's Funniest Home Videos** Comical clips.
**11.00** **Below Deck: Mediterranean**
**12.00** NOON **The Simpsons**
**2.00** PM **Brooklyn Nine-Nine**
**3.00** **Modern Family**
**5.00** **The Simpsons** Triple bill.
**6.30** **Hollyoaks** Vicky hides the truth from her family. **7.00** Leah and Imran plan a show-stopping wedding.
**7.30** **The Simpsons** *Bart of Darkness:* Bart suspects Ned Flanders of murder.
**8.00** **Vanderpump Rules** New edition Angelica reveals what was in Jason's shower.
**9.00** **Below Deck Down Under** New edition Things get tense when Tzarina and Lara confront Wihan.
**10.00** **Gogglebox** Views on *You, Starstruck* and *The Piano.*
**11.00** **Naked Attraction**
**12.05** AM **First Dates**
**1.10** **Vanderpump Rules**
**2.10** **Below Deck Down Under**
**3.00** **Ramsay's Kitchen Nightmares USA**
**3.55** **The Simpsons**
**4.45** **The Goldbergs**
**5.35** **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Monday primetime

Monday primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

# MONDAY Entertainment

Monday

## Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Send in the Dogs**
9.00 **Brit Cops: Law & Disorder**
10.00 **Stop, Search, Seize**
11.00 **Bull** 21/22. (S6)
12.00 NOON **FBI** 14&15/19. (S2)
2.00 PM **The Rookie** 9/22. The team investigate the death of a suspect in custody. (S5)
3.00 **Law & Order: Criminal Intent** 9/16. A magazine editor known for his abrasive personality is murdered. (S9)
4.00 **Nothing to Declare**

9.00 Law & Order: SVU

**7 PM**

**7.00 Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

**8 PM**

**8.00 Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

**9 PM**

**9.00 Law & Order: Special Victims Unit** New episode *Hubris:* 12/21. A teenager pleads to be reunited with her father. (S27)

**10 PM**

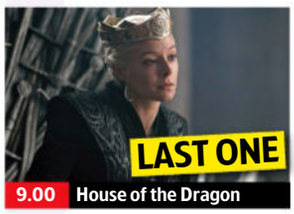
**10.00 Law & Order: Criminal Intent** *Faith:* 21/22. A magazine publisher is killed in mysterious circumstances. (S1)
11.00 **The Rookie** 5/22. Lucy helps Tim in his time of need. (S5)
12.00 M'T **FBI** 7&8/19. (S2)
2.00 AM **FBI: International** (S3)
3.00 **FBI: Most Wanted** 1/22. (S3)
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Border Security: Canada's Front Line**

+1 hour 207 310

## Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town**
8.00 **Billions** 1&2/12. (S5)
10.15 **House of the Dragon** (S1)
12.30 PM **Homicide: Life on the Street** 20&21/22. (S4)
2.15 **Billions** 1&2/12. (S5)
4.30 **The Last of Us** 3/9. A survivalist forges an unlikely connection.
**5.50** 4/9. Joel and Ellie draw the attention of a vindictive rebel leader. (S1)
6.45 **The Penguin** 7/8. Oz fights to preserve his family, and Sofia makes a shock discovery. (S1)



9.00 House of the Dragon

**7.45 The Penguin** *A Great or Little Thing:* 8/8. Truths are laid bare as Oz nears the end of his journey and his power struggle with Sofia finally comes to a head. (S1)

**9.00 House of the Dragon** Series finale 8/8. *Game of Thrones* prequel starring Emma D'Arcy. *See feature, page 6.* (S3)

**10.25 Possession** 1/5. A lawyer travels to Jamaica to challenge an inheritance claim made by a local man against an aristocrat. (S1)
11.25 **Possession** 2/5. Thriller. (S1)
12.30 AM **Dune: Prophecy** 3/6. Valya struggles to take the Sisterhood vow. (S1)
1.45 **Billions** 1&2/12. (S5)
4.05 **Urban Secrets** A journey between two London markets.
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

## ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.30 **Real Housewives of Salt...**
8.20 **Real Housewives of Orange...**
9.15 **The Only Way Is Essex**
10.15 **Dawson's Creek** 6/13. (S1)
11.10 **Charmed** 6/22. (S1)
12.10 PM **Deal or No Deal**
1.10 **Supermarket Sweep**
2.10 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** Series finale
5.00 **Real Housewives of Orange County** Reality series.
5.55 **Celebrity Catchphrase**

11.35 American Dad!

**7.00 The Floor USA** Series finale The final players compete for a life-changing victory and the winner is crowned.

**8.00 The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

**9.00 The Only Way Is Essex** New edition Fractured friendships threaten to overshadow the trip, and Junaid looks for a ring.

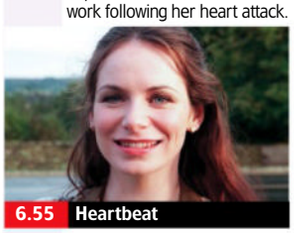
**10.00 Family Guy** 7/21. Brian learns that Quagmire hates him. (S8)
**10.30** 7/16. Bonnie gives birth to a girl. (S7)
11.05 **Family Guy** 8/16. Peter takes part in a medical experiment to make money. (S7)
11.35 **American Dad!** (S4&16)
12.35 AM **Bob's Burgers** (S13)
1.30 **Plebs** 2/8. (S3)
1.55 **Deep Fake Neighbour Wars**
2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

## ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Agatha Christie's Poirot** *Peril at End House – Part One.*
11.35 **Heartbeat** Double bill.
1.35 PM **Midsomer Murders** *A Grain of Truth:* A series of incidents surrounding a new bakery ends in a murder.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Skeletons and Cupboards:* Tricia returns to work following her heart attack.


6.55 Heartbeat

**6.55 Heartbeat** *A Girl's Best Friend:* The village is plagued by burglaries, and Vernon dabbles with the power of the mind.

**8.00 Midsomer Murders** *The Oblong Murders:* Jones infiltrates a cult to investigate a woman's disappearance, but he and Barnaby soon start digging into an old case involving the death of a couple in a boat explosion.

**10.00 Grantchester** 1/8. Geordie and Will investigate the death of a circus performer. (S9)
11.00 **Grantchester** 2/8. Geordie is shocked to hear Will is thinking of leaving town. (S9)
11.50 **Trial & Retribution** 7/10. A mother arrives home to find her baby daughter dead. (S10)
1.25 AM **Agatha Christie's Poirot**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

## ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Robin of Sherwood**
9.10 **Boon**
10.20 **The Professionals**
11.25 **Robin of Sherwood**
12.35 PM **Magnum, PI**
2.40 **Dempsey and Makepeace**
3.45 **Boon**
4.50 **The Professionals** *When the Heat Cools Off:* Bodie and Doyle reinvestigate a murder.
5.55 **Minder** *Dead Men Do Tell Tales:* Arthur minds a coffin newly arrived at Heathrow. Guest stars Suzi Quatro.

7.00 River Monsters

**7.00 River Monsters** A violent attack in a remote Mongolian river.
**7.30** Deaths in the waters of America's tourist spots.

**8.00 The Motorbike Show** Henry Cole and Pete 'the Restorer' Thorne hop on their bikes for a road trip to Exmouth in East Devon.

**9.00 FILM Under Siege 2** Action thriller sequel starring Steven Seagal and Eric Bogosian. Former naval commando-turned-chef Casey Ryback thwarts a psychotic criminal who has hijacked a transcontinental train. (1995, 18, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.10 **Star Trek: Strange New Worlds** New episode 9/10. The crew come face to face with a ravenous enemy. (S1)
12.10 AM **Lost** 9/24. (S2)
1.05 **Motorsport UK**
2.00 **BattleBots**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

## BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: This Farming Life**
3.00 **Sign Zone: Beechgrove Garden**
3.30 **Sign Zone: Paramedics on Scene** Documentary.
4.30 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **The Great Food Guys** 3/8. Plant-based food.
8.00 **The Mountain**
9.00 **Interior Design Masters with Alan Carr** 6/8. The designers transform two shops in the town of Hay-on-Wye.
10.00 **River City** New episode Alex forges ahead with his plan to kill Viv.
10.30 **Two Doors Down** 2/6. Beth and Eric look after Alan. (S6)
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Gary: Tank Commander** Gary swaps the tank for a Green Goddess.

## Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S3)
9.00 **Sort Of** (S3)
10.00 **Upright** 7&8/8. (S1)
11.20 **Will & Grace** (S7)
12.20 PM **The Comeback** (S3)
1.40 **Upright** 7&8/8. (S1)
3.00 **Will & Grace** (S6)
4.00 **The Office Movers** (S1)
5.00 **Community** (S1)
6.00 **Will & Grace** (S7)
7.00 **The Office (US)** (S5)
8.00 **The Office Movers** 1&2/6. Double bill. (S1)
9.00 **Real Time with Bill Maher** New edition The comedian and guests discuss the week's events.
10.10 **NEW SERIES Warren's Vortex** *Desolation of Smugg:* 1/6. Comedy starring Maaka Pohatu.
**10.40** *Detached From Reality:* 2/6. Comedy. *See feature, page 12.* (S1)
11.10 **The Reluctant Landlord**
12.10 AM **The Comeback** (S3)
1.25 **Community** (S1)
2.25 **Upright** 3&4/8. (S2)
3.30 **to 5.00** AM **Sort Of**

## Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Cirque du Soleil: Corteo** Circus show.
8.00 **Artist of the Year: Masterclass** Double bill.
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **The Art of Film with Ian Nathan**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **The Eighties**
4.00 **Discovering:**
5.00 **Portrait Artist 2022**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: La Vie Est Belle**
9.45 **Billy Elliot: The Musical**
12.35 AM **Up Late with Nicola Benedetti**
2.10 **LSO: Pappano Conducts Ravel, Say & Rachmaninoff**
3.50 **Arts Uncovered**
4.00 **Sky Arts Book Club**
5.00 **to 6.00** AM **The Art of Film with Ian Nathan**

## Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 1/26. (S6)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** *Darmok:* 2/26. Picard faces an alien captain. (S5)
8.00 **Police 24/7**
9.00 **Evil** 1/13. (S1)
10.00 **Caught on Dashcam**
11.00 **Grimm** 1/22. (S1)
12.00 M'T **Fantasy Island** (S2)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

## ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Celebrity Catchphrase** Joe Swash, Joanna Page and Angellica Bell take part.
2.00 **Tenable** Five family members from Blackpool take part in the quiz.
3.00 **The Chase Celebrity Special** Nicki Chapman, Joe Pasquale, Will Kirk and Len Goodman take part in the quiz show.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show.
9.00 **Who Wants to Be a Millionaire?** Big-money quiz show.
10.00 **Tipping Point** Triple bill.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.40 **to 3.00** AM **Unwind**

## 4seven

137/138 163 143 49 127 16

9.00 AM **American Pickers**
10.00 **Find It, Fix It, Flog It**
11.00 **Saving Country Houses with Penelope Keith**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Bettany Hughes' Lost Worlds: Dawn of Civilisations** The origins of civilisation itself.
8.00 **Richard E Grant's Very Modern Odyssey** Richard arrives on Sicily, the home of Cyclops.
9.00 **Celebrity Gogglebox**
10.00 **The Body Detectives**
11.05 **Murder Case: The Digital Detectives**
12.05 AM **Social Media Monsters** True-crime.
1.05 **Crime Scene Cleaners**
2.10 **FILM Breakthrough** Fact-based drama starring Chrissy Metz. (2019, 12, 116min) ★★
4.20 **to 4.50** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**



★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

## Sky Sci-Fi

145 114/115 140 348 363

**6.00** AM **Most Haunted**
**8.00** **Teleshopping**
**11.00** **Star Trek: Enterprise** (S3)
**12.00** NOON **Star Trek: Voyager**
**1.00** PM **Stargate Atlantis** (S4)
**2.00** **Warehouse 13** 2&3/20. (S4)
**4.00** **Stargate SG-1** 4/20. (S8)
**5.00** **Star Trek: Voyager** 20/26. Janeway takes three junior crew members on a routine exploratory mission aboard the *Delta Flyer.* (S6)
**6.00** **Star Trek: Enterprise** 17/24. The crew discover unhatched Xindi-Insectoid eggs. (S3)

**9.00** Resident Alien

**7.00** **Stargate Atlantis** *Miller's Crossing:* 9/20. McKay's sister is kidnapped by Henry Wallace. Guest stars Kate Hewlett. (S4)

**8.00** **Stargate SG-1** *Zero Hour:* 4/20. General O'Neill settles into his new job as commander of the base, but faces a crisis. (S8)

**9.00** **Resident Alien** *An Alien in New York:* 6/16. Harry and Asta travel to New York looking for one of his people. (S2)

**10.00** **Grimm** *Trust Me Knot:* 2/13. Hank and Wu find a way to stop Renard, but Nick is still on the run. (S6)

**11.00** **The Walking Dead** 14/16. The Saviors visit the Hilltop unexpectedly, surprising everyone with their plans. (S7)
**12.00** M'T **Resident Alien** 5/16. Harry and Asta's trip is interrupted by an uninvited relative. (S2)
**1.00** AM **Warehouse 13** (S4)
**3.00** **The Walking Dead** (S7)
**4.00** **to 6.00** AM **Most Haunted**

## U&Alibi

109/110 120/130 114 343 358

**7.10** AM **Murdoch Mysteries** (S7)
**9.00** **Shakespeare & Hathaway: Private Investigators** (S3)
**10.00** **The Mentalist** 17/22. (S5)
**11.00** **Hudson & Rex** As 5.00pm.
**12.00** NOON **Body of Proof** (S1)
**1.00** PM **Death in Paradise** (S12)
**2.00** **Murdoch Mysteries** (S7&8)
**4.00** **The Mentalist** 17/22. (S5)
**5.00** **Hudson & Rex** 14/16. Charlie and Rex find a stranger dying in their kitchen. (S6)
**6.00** **Body of Proof** 8/9. Megan investigates the death of a homicide detective. (S1)

**8.00** My Life Is Murder

**7.00** **Private Eyes** *Long Live the King:* 11/18. Shade and Angie go undercover in a medieval-themed restaurant. (S2)

**8.00** **NEW SERIES** **My Life Is Murder** *Gimme an M:* 1/8. An influencer dies while livestreaming. Stars Lucy Lawless. (S5)

**9.00** **Death in Paradise** *Man Overboard – Part One:* 5/8. The team's latest murder inquiry takes them to London. (S6)

**10.00** **Father Brown** *The Kembleston Players:* The priest investigates when play rehearsals are derailed by a death.

**11.00** **Private Eyes** As 7.00pm.
**12.00** M'T **Shakespeare & Hathaway: Private Investigators** 1/10. Frank encounters an old enemy. (S3)
**1.00** AM **Death in Paradise** (S12)
**2.00** **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

## U&Gold

110/111 121/131 124 344 359

**7.05** AM **Highlights**
**9.05** **The Green Green Grass**
**9.45** **Are You Being Served?**
**10.25** **Last of the Summer Wine**
**11.40** **Dad** Sitcom.
**12.20** PM **Only Fools and Horses**
**1.00** **Keeping Up Appearances**
**1.40** **Dad's Army**
**2.20** **The Green Green Grass**
**3.00** **Are You Being Served?**
**3.40** **Dad** Sitcom.
**4.20** **Dad's Army**
**5.00** **Last of the Summer Wine**
**6.20** **Keeping Up Appearances**

**9.40** The Office

**7.00** **Only Fools and Horses** Del Boy plans a spot of salmon-poaching.
**7.40** **Dad's Army** The men head off for a weekend at a training camp.
**8.20** **Are You Being Served?** The Grace Brothers staff plan Mrs Slocombe's wedding reception.

**9.00** **Porridge** Fletcher thinks Godber would be better off cheating if he wants to pass another O-level.
**9.40** **The Office** The new staff members arrive in Slough for their first day.
**10.20** **Not Going Out** Lucy announces to the friends that she is pregnant.

**11.00** **Mrs Brown's Boys** Agnes tries to gatecrash Maria's hen party.
**11.40** **Mrs Brown's Boys**
**12.20** AM **Porridge** As 9.00pm.
**1.00** **The Office** As 9.40pm.
**1.40** **Not Going Out** As 10.20pm.
**2.25** **Mrs Brown's Boys** As 11.00pm.
**2.55** **to 4.00** AM **The Outlaws**

+1 hour 210/211 324

## U&Dave

111/112 130/132 127 19 157 19

**7.25** AM **Top Gear**
**8.20** **Border Force: America's Gatekeepers** Double bill.
**10.20** **Rick Stein's Cornwall**
**11.20** **Yukon Gold** Documentary.
**12.20** PM **Top Gear** Double bill.
**2.20** **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
**3.00** **Man and Beast with Martin Clunes** 1/2. A visit to Nepal.
**4.00** **Hairy Bikers' Best of British**
**5.00** **Rick Stein's Cornwall** Four editions, including at: **6.30** The chef visits one of Britain's finest vineyards.

**5.00** Rick Stein's Cornwall

**7.00** **Mortimer & Whitehouse: Gone Fishing** Fishing for grayling on the River Ure.
**7.40** **Would I Lie to You? The Unseen Bits** Extra material from the series.
**8.20** **Would I Lie to You? At Christmas** With Stephen Mangan, Miles Jupp, Barry Cryer and Miranda Hart.

**9.00** **Have I Got 2021 News for You** A compilation edition looking back at the big news stories of 2021.

**10.00** **QI XL** Guests Suggs, Claudia O'Doherty and Jimmy Carr take part.

**11.00** **Taskmaster**
**12.00** M'T **Mock the Week**
**12.40** AM **Would I Lie to You? The Unseen Bits** As 7.40pm.
**1.20** **Would I Lie to You? At Christmas** As 8.20pm.
**2.00** **QI XL** With Colin Lane.
**3.00** **House of Games**
**3.30** **to 4.00** AM **Parks and Recreation**

+1 hour 211/212 327 74 259

## U&Drama

143 132/134 116 20 158 20

**7.20** AM **The Bill**
**8.15** **Doctors**
**9.30** **Classic Holby City**
**10.50** **Casualty**
**11.50** **The Bill**
**12.50** PM **Classic EastEnders**
**2.00** **Classic Neighbours**
**3.00** **Whitstable Pearl**
**4.05** **Lovejoy**
**5.20** **As Time Goes By**
**6.00** **Last of the Summer Wine** The trio take a holiday at the seaside with Compo's nephew. **6.40** Sid challenges Foggy to play a round of golf.

**11.20** Luther

**7.20** **Last of the Summer Wine** Compo's nephew is getting married, but Foggy fears disaster will befall the happy couple.

**8.00** **The Brokenwood Mysteries** *Stone Cold Dead:* 2/4. Mike and his team delve into the realm of New Zealand's colonial past, while investigating the death of a woman struck by an arrow. (S4)

**10.00** **New Tricks** *Dead Man Talking:* The team reinvestigate the death of a financier when a psychic informs the deceased's daughter that she needs to resolve her father's unfinished business.

**11.20** **Luther** 6/6. (S1)
**12.35** AM **Lovejoy**
**1.45** **Sister Boniface Mysteries**
**2.40** **to 4.00** AM **Hotel Portofino**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

## 5USA

141/169 129 120/162 21 129 29

**9.00** AM **Entertainment News**
**9.10** **NCIS** 1-3/23. (S1)
**12.00** NOON **Law & Order**
**6.00** PM **NCIS** *Bete Noire:* 16/23. Ducky, Gerald and Kate are taken hostage by a gunman. **7.00** *The Truth Is Out There:* 17/23. A Marine is found dead at a nightclub. **8.00** *UnSealed:* 18/23. A former US Navy SEAL escapes from prison. (S1)
**9.00** **NCIS: Hawaii** Series finale *Divided We Conquer:* 10/10. Following a devastating ambush with a deadly bioweapon, the NCIS team must track down a mysterious terrorist group before they can strike again. (S3)
**10.00** **Law & Order: Special Victims Unit** (S19&18)
**2.00** AM **Blue Bloods** (S11)
**2.55** **to 3.55** AM **Murder, She Wrote**

+1hr 241/269 320/362 130

## 5STAR

128/129 128 126 32 131 25

**8.00** AM **Bargain-Loving Brits in the Sun**
**10.00** **Nightmare Tenants, Slum Landlords**
**11.00** **Traffic Cops** Triple bill.
**2.00** PM **Police Interceptors**
**5.00** **Shoplifters: Caught Red Handed**
**6.00** **Home and Away**
**7.00** **GPs: Behind Closed Doors** Medical series.
**8.00** **Casualty 24/7: Every Second Counts** Sister Vicky battles a doctor shortage and a high influx of walk-in patients.
**9.00** **Ambulance: Code Red** A machine operator's hand is crushed.
**10.00** **A&E After Dark**
**11.00** **Skin A&E**
**12.00** M'T **999 Killer on the Line: Robert Trigg**
**1.00** AM **Cold Case Killers**
**2.00** **Casualty 24/7: Every Second Counts**
**2.45** **Skin A&E**
**3.35** **to 4.00** AM **Friends**

+1 hour 228/229 326 140

## 5Action

150 165 130 33 132 26

**9.00** AM **Entertainment News**
**9.15** **Trucking Hell**
**10.15** **Police Interceptors**
**11.15** **Gunsmoke** (S12)
**12.20** PM **FILM** **The Hangman** Western thriller. (1958, b/w, U, 86min) ★★
**2.10** **FILM** **Copper Canyon** Western with Ray Milland. (1950, PG, 84min) ★★
**4.00** **Highway Thru Hell**
**5.00** **Motorway Cops: Catching Britain's Speeders** Documentary.
**6.00** **Police Interceptors**
**8.00** **Motorway Cops: Catching Britain's Speeders** Documentary.
**9.00** **Police Interceptors**
**10.00** **Highway Thru Hell**
**11.05** **The X-Files** 15/20. (S5)
**12.05** AM **NEW SERIES** **Walker** 1/18. Western crime drama starring Jared Padalecki. (S1)
**1.00** **Outback Truckers**
**2.00** **Trucking Heavy**
**3.50** **to 4.00** AM **Entertainment News**

## U&W

132/133 131/133 125 25 156 28

**6.15** AM **Property Brothers at Home: Drew's Honeymoon House**
**7.00** **Tipping Point** Triple bill.
**10.00** **DIY SOS: The Big Build**
**12.00** NOON **DIY SOS: Strictly Special**
**1.00** PM **Tipping Point**
**4.00** **Property Brothers at Home: Drew's Honeymoon House**
**5.00** **DIY SOS: The Big Build**
**7.00** **MasterChef Australia** New edition The cooks are challenged to create a dish using cereal as the Invention Test returns.
**8.00** **Pete Wicks: For Dogs' Sake** Pete helps rescue six Chihuahuas from the home of a hoarder.
**9.00** **One Born Every Minute**
**11.00** **First Responders**
**1.00** AM **Inside the Ambulance**
**1.35** **to 3.00** AM **Sort Your Life Out with Stacey Solomon**

+1 hour 232/233 325

## U&Yesterday

155 133/161 129 27 159 27

**6.10** AM **Abandoned Engineering** Double bill.
**8.00** **Bangers & Cash: Restoring Classics**
**10.00** **Secret Nazi Bases**
**11.00** **Hitler's Countdown to War** Documentary.
**12.00** NOON **Antiques Roadshow** Double bill.
**2.00** PM **Bangers & Cash**
**4.00** **Secret Nazi Bases**
**5.00** **Hitler's Countdown to War** Documentary.
**6.00** **Antiques Roadshow**
**7.00** **A Perfect Planet** A look at how the forces of nature shape the Earth.
**8.00** **Canal Boat Diaries**
**9.00** **Portillo's Empire Journey** How British rule led to armed rebellion in America.
**10.00** **Bangers & Cash**
**12.00** M'T **Bangers & Cash: Restoring Classics**
**1.00** AM **Find It, Fix It, Flog It**
**2.00** **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

## Really

142 153 165 44 149 40

**6.00** AM **Celebrity Fantasy Homes** Toyah Willcox.
**7.00** **Teleshopping**
**8.00** **Escape to the Country**
**9.00** **Salvage Hunters**
**12.00** NOON **Celebrity Yorkshire Auction House** Double bill.
**2.00** PM **The Repair Shop**
**3.00** **Salvage Hunters**
**5.00** **Who Do You Think You Are?** Josh Widdicombe.
**6.00** **The Repair Shop**
**7.00** **The Yorkshire Auction House** Angus and the team clear out the home of a retired couple.
**8.00** **Antiques Road Trip**
**9.00** **The Repair Shop**
**10.00** **The Yorkshire Auction House** Angus finds a rare porcelain figure that could be worth big money.
**11.00** **Help! My House Is Haunted** Triple bill.
**2.00** AM **Teleshopping**
**4.00** **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

# MONDAY Entertainment

Monday

## Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S6)
9.00 **Bramwell** 1/7. (S1)
10.00 **The Irish RM** 1/6. (S1)
11.00 **Little House on the Prairie** 17&18/22. (S2)
1.00 PM **The Waltons** (S6)
4.00 **Little House on the Prairie** 17&18/22. (S2)
6.00 **The Irish RM** 1/6. (S1)
7.00 **M*A*S*H** 9/16. Klinger's money-spinning scheme backfires. **7.30** 10/16. A UN mission visits the camp. **8.00** 11/16. Hawkeye and BJ struggle to sleep. **8.30** 12/16. Margaret develops laryngitis as she meets her hero. **9.00** 13/16. Potter faces a dilemma over an old army friend. (S11)
9.35 **M*A*S*H** (S11)
12.55 AM **Rising Damp** (S1)
1.25 **Man About the House**
1.55 **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

## Great! Action

318 317 426 42 33

9.00 AM **Raiders of the Lost Art** Documentary.
10.00 **Murder Maps**
11.00 FILM **We Dive at Dawn** World War Two drama with John Mills. (1943, b/w, U, 97min) ★★★
1.00 PM **The Unit** (S2)
2.00 **Burn Notice** (S3)
4.00 FILM **Mercenary for Justice** Action thriller starring Steven Seagal. (2006, 18, 91min) ★★
6.00 **The Unit** 3/23. (S2)
7.00 **Burn Notice** (S3)
9.00 FILM **Kingdom of Heaven** Ridley Scott's historical drama starring Orlando Bloom. (2005, 15, 144min) ★★★★
12.00 M'T **The Avengers** (S5)
1.00 AM **The New Avengers**
2.00 **The Persuaders!** (S1)
3.00 FILM **Super Collider** Thriller with Robin Dunne. (2013, PG, 90min) ★★
4.25 **Coast Guard Alaska**
5.10 **to 6.00** AM **Air Rescue**

+1 hour 319

## Great! Mystery

320 318 425 50 48

8.10 AM FILM **Family History Mysteries: Buried Past** Thriller. (2023, PG, 84min) ★★
10.10 **Hailey Dean Mysteries**
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight**
2.00 **Castle** 19/23. (S4)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 20/23. (S4)
8.00 **Unforgettable** (S4)
9.00 **In Plain Sight** (S4)
10.00 **Hailey Dean Mysteries** *Death on Duty:* Hailey's investigator friend Finch's old Marine colleague is murdered.
11.50 FILM **Ruby Herring Mysteries: Prediction Murder** Crime mystery. (2020, PG, 89min) ★★
1.45 AM FILM **Crisis Point** Thriller with Rhona Mitra. (2012, PG, 87min) ★★
3.25 **to 5.00** AM FILM **Killer Contractor** Thriller. (2019, 12, 84min) ★★

+1 hour 321

## Great! Romance

322 319 424 52 47

8.15 AM FILM **Wedding Do Over** (2018, PG) ★★
10.10 FILM **The Vows We Keep** Romantic drama. (2021, U, 84min) ★★
12.05 PM FILM **Love By Chance** Comedy. (2016, PG, 85min) ★★
2.00 FILM **The Wish Swap** Romantic fantasy. (2025, PG, 84min) ★★
3.55 FILM **Let Love Grow** Drama. (2023, U) ★★
5.55 FILM **Love By Accident** Romantic drama. (2020, PG, 84min) ★★
7.55 FILM **Love and Sunshine** Drama. (2019, PG, 100min) ★★
9.50 FILM **14 Love Letters** Romantic drama. (2022, U, 84min) ★★
11.45 FILM **Romantic Rewrite** Romantic comedy. (2022, PG, 82min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **The Wish Swap** As 2.00pm.

+1 hour 323

## Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** Transforming the garden of a war veteran.
1.00 PM **My Floating Home**
2.00 FILM **Futtock's End** Comedy. (1970, 12) ★★
3.00 **Garden Rescue**
4.00 **Rick Stein's Food Stories**
4.45 **Becoming Jazzy Whipps**
5.00 **My Floating Home**
6.00 **Love Your Garden**
7.00 **BSL Zone: Small World**
7.30 **Queer Lives Today**
8.00 **Garden Rescue**
9.00 **The Two Ronnies in Australia** Australian comedy with the duo.
10.00 **BSL Zone: Small World**
10.30 **Queer Lives Today**
11.00 FILM **Girls Come First** Comedy. (1975, 18) ★★
12.00 M'T FILM **Coffy** Thriller. (1973, 18, 91min) ★★
2.00 AM **The Two Ronnies in Australia** As 9.00pm.
3.00 **Love Your Garden**
4.00 **to 5.00** AM **My Floating Home**

## Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge** (S1)
10.30 **The Upper Hand** (S1)
11.00 **The Fenn Street Gang**
11.30 **Mother's Ruin**
12.00 NOON **Man in a Suitcase**
1.00 PM **Two's Company**
1.30 **Agony** 1/6. (S1)
2.00 **Second Thoughts** (S3)
2.30 **The Fenn Street Gang**
3.00 **Mother's Ruin**
3.30 **Randall and Hopkirk...**
4.30 **Old Country** (S2)
5.00 **Stereo Underground**
6.00 **Danger Man** (S1)
6.30 **The Upper Hand** (S1)
7.00 **Doctor in Charge** (S1)
7.30 **Man in a Suitcase**
8.30 **Randall and Hopkirk (Deceased)** 7/26. (S1)
9.30 **The New Statesman**
10.00 FILM **Black Magic Woman** (1991, 18) ★★
11.55 FILM **Queen of the Blues** (1979, 18) ★★
1.10 AM **Stereo Underground**
2.10 **to 6.00** AM **Highlights**

## DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters: Mine SOS** Documentary.
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters** The Victoria Diggers stumble upon what may be a monster nugget. **8.00** The Gold Gypsies hunt for nuggets in ancient mine shafts.
9.00 **Dr Jeff: Rocky Mountain Vet** A dog needs urgent treatment.
10.00 **Life at Vet University** Graduation is around the corner but intense rotations are still ahead.
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

## Food Network

144 152 168 43 148 39

6.00 AM **The Hairy Bikers' Mediterranean Adventure** From Spain.
7.00 **Hairy Bikers Go West**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Money Saving Meals** Double bill.
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go West**
4.00 **Jamie's Money Saving Meals** Double bill.
5.00 **The Pioneer Woman**
6.00 **James Martin's Islands to Highlands**
7.00 **Great British Bake Off**
9.00 **James Martin's French Adventure** From Château Cheval Blanc. **10.00** In Canal du Midi.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

## Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 6/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 22/22. (S2)
11.00 FILM **Ape vs Monster** Sci-fi fantasy adventure. (2021, 12, 88min) ★★
1.00 PM FILM **Arrowhead** Western adventure. (1953, U, 105min) ★★
3.00 FILM **The Appaloosa** Western adventure. (1966, PG, 98min) ★★★
5.00 **Star Trek** 13/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 1/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 FILM **Tears of the Sun** Drama with Bruce Willis. (2003, 15, 121min) ★
11.30 FILM **POW: The Escape** Action adventure. (1986, 15, 90min) ★★
1.25 AM FILM **The Escapist** Drama with Brian Cox. (2007, 15, 102min) ★★
3.20 **to 5.00** AM FILM **The Two Faces of Dr Jekyll** Horror. (1960, 15) ★★

## Legend Xtra

316 316 171 69 138 51

9.00 AM FILM **Global Meltdown** Thriller. (2017, PG, 105min) ★
11.00 **Andromeda** 15/22. (S4)
12.00 NOON FILM **Independents' Day** Sci-fi action adventure. (2016, 15, 91min) ★★
2.00 PM FILM **Bermuda Tentacles** Thriller. (2014, 12, 86min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Boot Hill** Comedy western with Terence Hill. (1969, PG, 91min) ★★
7.00 **Andromeda** 16/22. (S4)
8.00 **The A-Team** 10/25. (S3)
9.00 FILM **Blitz** Crime thriller starring Jason Statham and Paddy Considine. (2011, 18, 97min) ★★★
11.00 FILM **The Flock** Thriller starring Richard Gere and Claire Danes. (2007, 18, 105min) ★★★★
1.10 AM FILM **Blitz** (2011)
3.05 FILM **Boot Hill** (1969)
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

## Blaze

156 169 174 64 161 41

6.00 AM **Flipping Bangers**
9.20 **Junk & Disorderly**
1.05 PM **Money for Nothing**
6.00 **Storage Wars**
7.00 **Dickinson's Real Deal** David Dickinson and the dealers go to Oswestry. **8.00** David and the team visit Blackburn.
9.00 **Secrets in the Sand** The newly discovered Rise of Aten city.
10.00 **Secrets in the Dark** A look back at the fate of Pharaoh Ramses III.
11.00 **Mysteries Unearthed with Danny Trejo** Startling discoveries that shocked and terrified the world.
12.00 M'T **The Curse of Civil War Gold** Evidence of a secret tunnel.
1.00 AM **Mission Unexplained**
2.00 **Court Cam** Double bill.
3.00 **Storage Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

## 5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
11.00 **Ben Fogle: New Lives in the Wild** Australia.
12.00 NOON **All Creatures Great and Small** (S5)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Dorset: Country and Coast** Weymouth beach.
6.00 **Great British Ships**
7.00 **Ben Fogle: New Lives in the Wild** A former financier living in the swamplands of the US state of Georgia. **8.00** A former taxi driver from Florida who now farms in a remote part of the Philippines.
9.00 **Egypt with Dan Snow**
10.00 **Lost in the Desert with Nick Knowles**
11.00 **Prisoner: Cell Block H**
1.10 **Dorset: Country and Coast** From Lyme Regis.
2.10 **Michael Portillo's Stockholm** Travel tips.
3.10 **to 4.00** AM **Great British Ships**

## Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Celebrity Antiques Road Trip** With Jenny Eclair.
12.15 PM **Lily Savage's Blankety Blank**
1.00 **Classic Who Wants to Be a Millionaire?**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **All Star Family Fortunes**
4.45 **Celebrity Antiques Road Trip** With Phil Tufnell.
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** With Mark King, Ruth Davidson, Ferne McCann and Dan Walker.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** With Meera Syal, David Emanuel, Johnny Vegas and Kyran Bracken.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

## TLC

133/134 139 113/128 12 144 17

7.00 AM **The Middle**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **The Middle**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.30** 1/24. Howard gets caught in a strange argument. (S6)
9.00 **Unacceptable** Rhys James argues to ban retirement before 90.
10.00 FILM **Transformers** Blockbuster sci-fi action adventure inspired by the shape-changing toys, starring Shia LaBeouf, Tyrese Gibson and Josh Duhamel. (2007, 12, 144min) ★★★★
1.00 AM **The Middle**
2.30 **Dr Pimple Popper**
3.30 **My 600lb Life**
5.30 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hr 233/234 313/328 99

## Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **Everybody Loves Raymond** (S6&7)
11.00 **The Upper Hand**
1.00 PM **Friends** (S1)
8.00 **Friends** 15/24. Monica applies to become head chef in a posh restaurant. **8.30** 16/24. Part one of two. Phoebe's twin sister Ursula visits. (S1)
9.00 **Stupid Central** New editions Featuring the world's weirdest dogs. **9.30** Featuring animals who think they're human.
10.00 **Mr Bean** 13&14/14. (S1)
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **Most Ridiculous**
1.00 AM **South Park**
2.30 **Modern Horror Stories**
2.35 **Russell Howard: Live at the London Palladium**
3.30 **Kevin Bridges: The Brand New Tour**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

## Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S6)
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends** (S5)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S6)
7.00 **Michael McIntyre's Big Show** With Ian Wright and Robbie Williams.
8.00 **The Upper Hand** (S1)
9.00 **Rhod Gilbert's Growing Pains** With Olga Koch.
10.00 **Friends** 1-6/24. (S1)
1.00 AM **8 Out of 10 Cats**
1.55 **Michael McIntyre's Big Show** As 7.00pm.
2.55 **Most Ridiculous**
3.45 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

## That's TV

56 42

8.00 AM **Highlights**
10.10 **Bread** 7/11. (S7)
10.45 **Steptoe and Son** (S2)
11.25 **Oh, Doctor Beeching!**
12.00 NOON **Rising Damp**
12.30 PM **Man About the...**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 1/13. Drama. (S1)
2.45 **Minder** 8/11. (S4)
3.50 **Just Good Friends** (S2)
4.25 **Man About the House**
4.55 **Bread** 7/11. (S7)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.15 **Rising Damp** 4/8. (S2)
6.50 **Steptoe and Son** (S3)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 3/13. (S2)
9.00 **Benidorm** 3/9. (S9)
9.55 **Shameless** 8/16. (S6)
11.00 **Man About the House**
11.30 **Mind Your Language**
12.05 AM **Benidorm** 3/9. (S9)
1.00 **Minder** 9/10. (S5)
2.05 **Duty Free** 4/7. (S2)
2.30 **to 5.00** AM **Highlights**

## MTV

126/127 137 134 351 366

6.00 AM **Daria** 13/13. (S1)
6.20 **Teen Mom 2**
7.10 **Bar Rescue**
8.00 **Dallas Cowboys Cheerleaders**
9.00 **Judge Judy**
11.00 **Catfish: The TV Show**
3.00 PM **Judge Judy**
5.00 **Charmed** Double bill.
7.00 **Teen Mom: The Next Chapter** Jade visits her mother in rehab.
8.00 **Judge Judy** Real-life small-claims cases.
9.00 **Just Tattoo of Us** Lovebirds Emily and Chris face some big decisions.
10.00 **Ink Master** New edition Tattoo artists from across America compete.
11.00 **Geordie Shore** Marnie makes a big life change.
12.00 M'T **Ridiculousness** New edition Rob, Steelo, and Lolo 'can't keep up'.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

# Documentaries

10 August **Monday**



## Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **The Pool Master**
9.00 **Gold Rush** Double bill.
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.00** Firefighter helmets and nautical compasses. **4.30** The making of halogen bulbs and bamboo fly rods.
5.00 **Alaska: Homestead Rescue** The Raneys struggle to revive an inherited homestead.

5.00 Alaska: Homestead Rescue

7.00 **Supercar Showroom** DJ and producer Tom Zanetti heads to the showroom to test drive a newly wrapped Porsche 911.
8.00 **Ant Anstead Master Mechanic** Ant looks to buy a 1950s Alfa Romeo. **8.30** Ant discovers a donor 1950s chassis.
9.00 **Maine Cabin Masters** The team are hired to finish a cabin for a homeowner who has collected materials for years.
10.00 **Building Off the Grid** A couple try to build a geodesic dome with a view of the Southern Cumberland mountains.
11.00 **The Alaska Triangle** Hostile Sasquatches are said to be leaving the wilderness behind.
12.00 M'T **Deadliest Catch**
1.00 AM **Maine Cabin Masters**
2.00 **Building Off the Grid**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

## Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Preposterous Pets**
10.00 **Tanked** A sailboat aquarium.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo** Red panda Willow shows signs of being pregnant. **4.00** A sickly fawn is rushed to the health centre.
5.00 **Lone Star Law** Kyle Hendley wrangles a rattlesnake.
6.00 **Dr Jeff: Rocky Mountain Vet** A dog goes into cardiac arrest after arriving at the clinic.

10.00 Alaskan Bush People

7.00 **Treehouse Masters: Out on a Limb** The team build an Alpine-style treehouse that is a perfect fit for the Christmas season.
8.00 **Air Jaws: Night Stalker** Chris Fallows sets out to investigate the great white shark's ability to hunt in total darkness.
9.00 **Alaska: The Last Frontier** Atz Lee and Jane follow a salmon run, while Otto and Eivin fix the homestead's fences.
10.00 **Alaskan Bush People** The Browns prepare to close down their homestead following Ami's diagnosis.
11.00 **In Search of Monsters** New evidence that could prove the existence of the Chupacabra.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **River of No Return**
2.00 **Treehouse Masters: Out on a Limb** An Alpine treehouse.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

## Nat Geographic

129/130 144 183

8.00 AM **Mega Marine Machines**
9.00 **Air Crash Investigation**
10.00 **World's Greatest Train Journeys from Above**
11.00 **Car S.O.S** A Saab 900 Turbo.
12.00 NOON **Ultimate Airport Dubai**
1.00 PM **Air Crash Investigation**
2.00 **Nazi Megastructures**
4.00 **Lost Treasures of Egypt**
5.00 **The American Revolution: Drain the Oceans** A look into forgotten shipwrecks from the American Revolution.
6.00 **Secret Nazi Science** Attempts to secure vital weather data.

8.00 Disaster Autopsy

7.00 **Air Crash Investigation** The crash of a plane near Guantanamo Bay uncovers a danger to cargo pilots around the world.
8.00 **Disaster Autopsy** New edition Space shuttle *Challenger*'s fatal launch, a cable car tragedy and an ice rink roof collapse.
9.00 **Air Crash Investigation** Wreckage from the crash of a cargo jet contradicts the pilots' explanation.
10.00 **Plane Crash Recreated** The story of British Airways Flight 38, which crashed just short of the runway in January 2008.
11.00 **Air Crash Investigation** How more than 300 passengers escaped from a plane that caught fire in August 2005.
12.00 M'T **Amsterdam Central 24/7**
1.00 AM **To Catch a Smuggler**
2.00 **Mysteries of Ancient Medicine** Documentary.
2.55 **Abandoned**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Trials of the Wild**

## Sky History

123/124 115/116 131 353 368

6.00 AM **Forged with Steele**
6.30 **Hardcore Pawn**
9.15 **Pawn Stars**
10.10 **Junk & Disorderly**
11.05 **Storage Wars**
12.00 NOON **The UnXplained with William Shatner**
1.00 PM **Secrets Declassified with David Duchovny**
2.00 **Digging for Britain** Four editions, including at: **5.00** A lost bath house.
6.00 **American Pickers** It's a scavenger hunt for Mike as he excavates a classic Corvette.

10.00 UFO POV

7.00 **Forged in Fire** The contest moves to the Appalachian Mountains, where three of the forge's best smiths are tested.
8.00 **Swamp Mysteries with Troy Landry** Exploring disturbing phenomena noted in a malevolent section of swamp.
9.00 **Secrets Declassified with David Duchovny** New edition Following the story of an FBI agent who infiltrated the Mob.
10.00 **UFO POV** Eye-witness accounts and innovative special effects show what UFOs might see from their own perspective.
11.00 **UFO POV** What UFOs might see from their perspective.
12.00 M'T **Digging for Britain**
1.50 AM **Swamp Mysteries with Troy Landry** As 8.00pm.
2.50 **Secrets Declassified with David Duchovny** As 9.00pm.
3.40 **Pawn Stars** A seller brings in a wrestling figurine.
4.25 **Junk & Disorderly**
5.10 **to 6.00** AM **Storage Wars**

## Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The 2000s**
7.00 **Discovering: Richard Attenborough**
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **Juan Carlos: Downfall of the King** 1/4. The story of former Spanish King Juan Carlos I.
10.55 **Celtics City**
12.00 NOON **Faye**
1.45 PM **Schmeichel**
3.45 **My Icon: Thierry Henry**
4.00 **The Directors**
5.00 **Discovering: Richard Attenborough**

8.00 Libby, Are You Home Yet?

6.00 **An American Bombing: The Road to April 19th** Examining the surge in homegrown political violence in the US.
8.00 **Libby, Are You Home Yet?** 1/2. An investigation of the 2019 murder of student Libby Squire.
9.00 **Libby, Are You Home Yet?** 2/3. The police find evidence of Libby entering an unknown vehicle.
10.00 **Libby, Are You Home Yet?** 3/3. A body is found seven weeks after Libby Squire's disappearance.
11.00 **FILM Bowling for Columbine** Michael Moore's documentary. (2002, 15, 114min) ★★★★
1.20 AM **The Great Horsemeat Scandal** Documentary.
2.00 **NEW Savage Mountain** Documentary about mountaineer Kristin Harila.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Richard Attenborough**

7 PM
8 PM
9 PM
10 PM

## Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **Francis Bourgeois & Chris Harris: We Saved a Train**
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Drive It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **Johnny Vegas' Little Shop of Antiques**
9.00 **Ant Anstead: Born Mechanic** New edition A Peugeot 205 GTi.
10.00 **MotoGP Highlights**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

## Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Double bill.
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **The Killer in My Family** Adrian Prout.
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **10 Steps to Murder**
4.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime Stories** A man fatally stabbed outside a club.
8.00 **Murder on CCTV**
10.00 **Faking It: Tears of a Crime** Carol Wardell.
11.00 **Deadliest Mums & Dads** Neal Williams.
12.00 M'T **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

## True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** The story of Kayleigh Haywood, who was groomed online.
8.00 **UK Crime Files: Parachute Murder Plot** The attempted murder of Victoria Cilliers.
9.00 **UK Crime Files: Deadly Taxi Driver** The case of Catherine McChord.
10.00 **Donal MacIntyre's Killer Evidence** A single mother is found dead.
11.00 **Secrets of a Murder Detective** David Fuller.
12.00 M'T **UK Crime Files: Parachute Murder Plot**
1.00 AM **UK Crime Files: Deadly Taxi Driver**
2.00 **Donal MacIntyre's Killer Evidence**
3.00 **Britain's Countryside Killers** As 7.00pm.
4.00 **to 5.45** AM **Close Calls: On Camera**

+1 hour 246 136

## True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: The Railway Killers**
9.55 **UK Crime Files: DNA Cold Case Solved**
10.45 **Teleshopping**
11.00 **Killers: Caught on Camera** True-crime.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Murder in the Family**
3.00 **UK Crime Files: Killer on the Run**
4.00 **Killers: Caught on Camera** Documentary.
5.00 **Medical Detectives** Four editions, including at: **6.00** A hidden fingerprint helps investigators solve a case. **6.30** Investigators uncover a 'signature' that links an assault with a murder.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

## Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Rapid Response** Documentary.
8.00 **A1: Britain's Longest Road** Documentary.
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Myth of the Zodiac Killer** 1&2/2.
2.40 PM **Catching the Killer**
3.45 **World's Most Evil Killers**
4.50 **How I Caught the Killer**
5.55 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Killing Mum and Dad**
10.00 **Catching the Killer**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil Killers** The story of serial killer Charles Cullen.
1.00 AM **Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **Murder Uncut**
4.00 **A1: Britain's Longest Road** Documentary.
5.00 **to 6.00** AM **Road Wars**

+1 hour 221/222 322

## PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.35 **Digging Up Britain's Past** As 6.10pm.
9.30 **Planet of the Plates**
10.45 **1066: A Year to Conquer England**
11.55 **Inside Japan's War**
1.00 PM **Weathered: Earth's Extremes**
1.35 **Digging Up Britain's Past** As 6.10pm.
2.35 **Planet of the Plates**
3.50 **1066: A Year to Conquer England**
5.05 **Inside Japan's War**
6.10 **Digging Up Britain's Past** Experts seek a lost garden planted in 1592.
7.10 **Planet of the Plates**
8.25 **1066: A Year to Conquer England**
9.40 **Inside Japan's War** Imperial Japan's military motives and culture.
10.50 **Planet of the Plates**
12.00 M'T **1066: A Year to...**
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

# MONDAY

Monday

## Sky Nature

124/125 113/114 135 354 369

6.00 AM **Great Parks of Africa**
7.00 **Monkey Life**
8.00 **Tales from Zambia**
9.00 **Uptown Otters**
10.00 **Amazing Animal Friends**
11.00 **Dawn to Dusk**
12.00 NOON **Big Cat Country**
1.00 PM **Monkey Life**
2.00 **Tales from Zambia**
3.00 **Uptown Otters**
4.00 **Amazing Animal Friends**
5.00 **Dawn to Dusk**
6.00 **Big Cat Country**
7.00 **Monkey Life** Double bill.
8.00 **Surviving the Amazon** Investigating the illegal trafficking of monkeys in Peru.
9.00 **Superbeast** Exploring the ocean's top predators.
10.00 **Big Cat Country** Surabi's life hangs in the balance.
11.00 **Dawn to Dusk**
12.00 M'T **Gangs of Lemur Island**
1.00 AM **Great Parks of Africa**
2.00 **Surviving the Amazon**
3.00 **Superbeast**
4.00 **Tales from Zambia**
5.00 **to 6.00** AM **Uptown Otters**

## Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **The Nostradamus Effect**
9.00 **Battle Treasures with Foxy and Bruce** Double bill.
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens**
1.00 PM **The Great British Dig: History in Your Back Garden**
6.00 **Mysteries from Above**
7.00 **Alien Files: Unsealed**
8.00 **The Secret Nazi Expeditions** Examining Heinrich Himmler's study of runes – letters of ancient Germanic writing.
9.00 **The Proof Is Out There: Unexplained Edition** A team of experts investigate compelling visual evidence.
10.00 **Royal Murder Mysteries** A look at the fate of Josslyn Hay, the controversial 22nd Earl of Erroll and staunch supporter of Hitler and fascism.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Alien Files: Unsealed**
2.00 **The Great British Dig: History in Your Back Garden**
5.00 **to 6.00** AM **Crimes That Shook Britain**

## Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Alien Highway**
1.00 PM **The Dino Hunters**
3.00 **How the Universe Works**
6.00 **How It's Made**
9.00 **How the Universe Works** New discoveries surrounding dark matter and energy. **10.00** New discoveries reveal NASA's *Cassini* spacecraft's secrets, which explored Saturn and its moons until it vaporised in its atmosphere.
11.00 **NASA's Unexplained Files** Former astronaut Neil Armstrong's expedition into the Amazon, seeking a library said to hold all knowledge of an advanced alien civilisation. **12.00** M'T Experts examine the possibilities of making alien contact as they look back at an experiment NASA embarked on as they attempted to communicate with dolphins.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Cooper's Treasure**

+1hr 267 379

## Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Ozark Law**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Robbie Coltrane's Critical Evidence** Triple bill.
2.00 PM **Green Eyed Killers**
3.00 **Sunshine Slayings**
6.00 **Homicide Hunter**
7.00 **The First 48**
8.00 **Green Eyed Killers** A man is killed on his own doorstep.
9.00 **Last Seen on Holiday** New edition A teenager vanishes during a jet ski trip and never returns
10.00 **Check-In to Murder** New edition A camping trip ends in tragedy when one friend is found dead.
11.00 **Sunshine Slayings**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **On the Case with Paula Zahn**
3.00 **Sunshine Slayings**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

## WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Wild Hunters**
11.00 **Alaska Animal Rescue**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Heartland Docs**
3.00 **Panda School**
4.00 **The Incredible Dr Pol**
5.00 **Yukon Vet**
7.00 **Africa's Ghost River** Series finale 3/3. Thousands of animals stake their survival on rains that may never come.
8.00 **Africa's River Titans** The largest animals living alongside Africa's rivers.
9.00 **Cannibal Sharks** Experts analyse evidence of sharks attacking each other.
10.00 **When Sharks Attack 360** An attack on a foil boarder.
11.00 **Ultimate Airport Dubai**
12.00 M'T **Africa's Deadliest**
1.00 AM **Alaska Fish Wars**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Alaska Animal Rescue**

## Discovery History

161/172 147 181

7.00 AM **Tony Robinson's VE Day: Minute by Minute** As 8.00pm.
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Mysteries of the Missing**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Tony Robinson's VE Day: Minute by Minute** The actor examines a pivotal day in the history of the modern world, looking at the key events that made VE Day such a momentous 24 hours.
9.00 **Unexplained and Unexplored** Searching for a source of water said to grant eternal life.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition Unknown**
4.00 **to 5.00** AM **Expedition X**

+1hour 274 381

## U&Eden

166 134/162 176 57 160 71

9.00 AM **Train Truckers**
1.00 PM **Train Truckers**
5.00 **Whatever Happened to the Likely Lads?** Five episodes.
8.15 **Whatever Happened to the Likely Lads?** Terry continues to wreak havoc on people who happen to be unfortunate enough to live near him. **8.55** Bob and Thelma escape from Terry's influence as they begin their married life with a honeymoon in Norway. **9.30** Bob becomes worried about Terry, who seems to have mellowed into a strange state of middle-aged contemplativeness. **10.10** Newlywed Bob is disheartened by some of the responsibilities of married life. **10.50** Bob is arrested for drink-driving after going out for dinner with Thelma.
11.30 **Whatever Happened to the Likely Lads?** Sitcom.
5.25 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1hour 266 376

## ID

154 140 166

8.00 AM **Twisted Sisters**
12.00 NOON **Deadly Secrets**
1.00 PM **People Magazine Investigates** Double bill.
3.00 **The Perfect Murder**
7.00 **Faking It: Tears of a Crime** The murder of Cambridgeshire 10-year-olds Holly Wells and Jessica Chapman in 2002. **8.00** The case of Tracie Andrews, whose road rage attack killed her lover. Plus, Mike Gifford-Hull's TV plea for his missing wife Farsi that hid the true facts of her disappearance.
9.00 **True Conviction** The murder of single mother Donna Willard.
10.00 **On the Case with Paula Zahn** A trail of blood leads police to a cold and calculating killer.
11.00 **American Detective with Lt Joe Kenda** The murder of a teacher in a New England town.
12.00 M'T **Murder Under the Friday Night Lights** Double bill.
2.00 AM **The Perfect Murder**
4.00 **to 6.00** AM **Faking It: Tears of a Crime**

+1hour 254 366

## Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Bad Chad Customs**
2.00 **Ant Anstead Master Mechanic**
3.00 **Bad Chad Customs**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Street Outlaws: Locals Only**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only** Pennsylvania locals go all-out for the $5,000 prize.
9.00 **Mike Brewer: Born Dealer** A visit to a car show inspires Mike to organise his own event.
10.00 **Guz Khan's Custom Cars**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Street Outlaws: Locals...**
1.00 AM **Richard Hammond's Workshop** Richard decides to compete at an NEC show.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

# Films

## Sky Cinema Premiere

301 301 401 501 515

7.00 AM **Love Me** Sci-fi drama. (2024, 15, 91min) ★★★
8.40 **Looney Tunes: The Day the Earth Blew Up** As 4.05pm.
10.15 **Song Sung Blue** As 5.40pm.
12.40 PM **Seven Snipers** (2026)
2.15 **Eleanor the Great** (2025)
4.05 **Looney Tunes: The Day the Earth Blew Up** Animated adventure. (2024, PG, 91min)
5.40 **Song Sung Blue** Musical biopic starring Hugh Jackman. (2025, 12, 132min) ★★★

11.05 Heretic

**8.00 Seven Snipers** Thriller with Radha Mitchell and Tim Roth. A retired sniper in hiding on an Australian ranch must reunite her kill squad when a warlord threatens her daughter. (2026, 15, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.30 Normal** Action comedy starring Bob Odenkirk. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. With Henry Winkler, Lena Headey and Ryan Allen. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Heretic** Horror starring Hugh Grant and Sophie Thatcher. (2024, 15, 111min) ★★★★
1.05 AM **Eleanor the Great** Drama. (2025, 12, 98min) ★★★★
2.45 **Lurker** Psychological thriller. (2025, 15, 100min) ★★★★
4.30 **to 6.10** AM **In Cold Light** Thriller starring Maika Monroe. (2025, 15, 96min) ★★★

## Sky Cinema Box Set

303 303 403 503 517

6.55 AM **The Cinema List: Trapped**
7.10 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
9.10 **Grease 2** Musical sequel. (1982, PG, 109min) ★★
11.10 **The Italian Job** As 3.25am.
1.10 PM **The Italian Job**
3.00 **Police Academy** Comedy. (1984, 15, 95min) ★★★
4.45 **Police Academy 2: Their First Assignment** (1985, 12) ★★
6.25 **Police Academy 3: Back in Training** (1986, PG) ★

8.00 Beverly Hills Cop

**8.00 Beverly Hills Cop** Comedy thriller starring Eddie Murphy as a brash Detroit police detective investigating a friend's murder in Beverly Hills. With Judge Reinhold. (1984, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.55 Beverly Hills Cop II** Comedy thriller sequel starring Eddie Murphy as detective Axel Foley on the trail of a gang led by a six-foot blonde. (1987, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy. (1994, 15, 104min) ★★
1.40 AM **The Italian Job** Crime caper starring Michael Caine. (1969, PG, 100min) ★★★★★
3.25 **The Italian Job** Crime thriller inspired by the 1960s caper film. (2003, 12, 110min) ★★★
5.20 **to 7.20** AM **Ghostbusters** Fantasy comedy starring Kristen Wiig. (2016, 12, 113min) ★★★

## Sky Cinema Drama

310 310 410 510 524

7.25 AM **The Choral** Comedy drama. (2025, 15, 113min) ★★★★
9.20 **A Big Bold Beautiful Journey**
11.15 **Downton Abbey: The Grand Finale** Period drama spin-off. (2025, PG, 123min) ★★★★
1.20 PM **Moneyball** Sports drama. (2011, 12, 133min) ★★★★
3.40 **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix. (2024, 15, 138min) ★★★★
6.00 **Materialists** Romantic comedy drama starring Dakota Johnson, Chris Evans and Pedro Pascal. (2025, 15, 116min) ★★★★
8.00 **Dreamgirls** Musical based on the hit Broadway show inspired by the story of Diana Ross and The Supremes, starring Jamie Foxx, Beyoncé Knowles, Eddie Murphy and Jennifer Hudson. (2006, 12, 130min) ★★★★
10.15 **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★
12.35 AM **A Big Bold Beautiful Journey** Romantic drama. (2025, 15, 109min) ★★★
2.30 **Chuck Chuck Baby** Drama. (2023, 15, 101min) ★★★★
4.20 **to 6.05** AM **Babylon** Ground-breaking British drama. (1980, 15, 94min) ★★★

## Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.45 AM **Tremors** As 3.20am.
9.30 **Anaconda** Jungle adventure. (1997, 15, 89min) ★★★
11.15 **Terminator 2: Judgment Day** Sci-fi action thriller sequel. (1991, 15, 146min) ★★★★★
1.45 PM **It** Horror. (2017, 15) ★★★★
4.00 **Van Helsing** Fantasy adventure. (2004, 12, 132min) ★★★
6.15 **Annabelle** Horror spin-off. (2014, 15, 97min) ★★
8.00 **Annabelle: Creation** Horror starring Anthony LaPaglia and Samara Lee. A nun and several girls from an orphanage become the target of a dollmaker's possessed creation. (2017, 15, 109min) ★★★
10.00 **They Will Kill You** Horror comedy starring Zazie Beetz. A woman takes a job as a housekeeper in a strange hotel, unaware of the building's history of disappearances. (2025, 15, 94min) ★★★
11.45 **Aeon Flux** Sci-fi action thriller. (2005, 15, 93min) ★★
1.30 AM **We Bury the Dead** Horror. (2024, 15, 94min) ★★★★
3.20 **Tremors** Witty monster chiller. (1990, 15, 96min) ★★★★
5.05 **to 6.50** AM **Wolf Man** Horror. (2024, 15, 103min) ★★★



★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

## Sky Cinema Family

304 304 406 506 519

**7.10** AM **Look Who's Talking** Comedy. (1989, 12) ★★★
**8.50** **Peter Rabbit 2: The Runaway** (2021, U) ★★★
**10.25** **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
**12.10** PM **Jumanji: Welcome to the Jungle** (2017, 12) ★★★★
**2.10** **Jumanji: The Next Level** Fantasy comedy sequel. (2019, 12, 123min) ★★★★
**4.15** **The Smurfs** (2011, U) ★★
**6.00** **The Smurfs 2** (2013, U) ★★

**7.50** **Look Who's Talking Too** Comedy sequel with John Travolta and Kirstie Alley, and featuring the voices of Bruce Willis and Roseanne Barr. (1990, 12, 77min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.20** **Teenage Mutant Ninja Turtles** Fantasy starring Megan Fox and William Fichtner. Four humanoid amphibians use their martial arts skills to protect New York from a criminal organisation. (2014, 12, 101 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**11.05** **Teenage Mutant Ninja Turtles: Out of the Shadows** Action adventure sequel. (2016, 12, 112min) ★★★
**1.00** AM **Sonic the Hedgehog 3** Fantasy adventure sequel. (2024, PG, 110min) ★★★
**2.55** **Cats & Dogs** Fantasy comedy. (2001, PG, 87min) ★★★
**4.35** **to 6.00** AM **Cats & Dogs: The Revenge of Kitty Galore** Fantasy comedy sequel. (2010, U, 82min) ★★

## Sky Cinema Action

306 306 407 507 521

**6.50** AM **The Mechanic** Action thriller. (2011, 15, 93min) ★★
**8.35** **Novocaine** As 2.35am.
**10.30** **Hellboy II: The Golden Army** Fantasy. (2008, 12) ★★★★
**12.40** PM **Snakes on a Plane** Thriller. (2006, 15, 105min) ★★★
**2.30** **The Scorpion King** Fantasy. (2002, 12, 91 min) ★★★
**4.10** **S.W.A.T.** Action thriller. (2003, 12, 115min) ★★★
**6.10** **Normal** Action comedy. (2026, 15, 91 min) ★★★★

**8.00** **Spider-Man: Homecoming** Adventure starring Tom Holland and Michael Keaton. Teen superhero Peter Parker tries to prove his worth by battling a winged criminal with a trade in stolen hi-tech weaponry. (2017, 12, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.20** **Robin Hood: Prince of Thieves** Adventure starring Kevin Costner. Robin Hood forms a band of outlaws to exact revenge on the tyrannical Sheriff of Nottingham. (1991, PG, 138min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**12.45** AM **Long Gone Heroes** Action thriller starring Eden Brolin. (2024, 15, 101 min) ★★★
**2.35** **Novocaine** Action comedy. (2024, 15, 80min) ★★★
**4.35** **Sky Cinema Preview**
**5.35** **to 7.15** AM **Sisu: Road to Revenge** Action sequel. (2025, 15, 89min) ★★★★

## Sky Cinema Comedy

308 308 408 508 522

**7.10** AM **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
**8.50** **The Cable Guy** Black comedy. (1996, 12, 96min) ★★★★
**10.35** **Kingpin** (1996, 12) ★★★
**12.40** PM **Ace Ventura Pet Detective** (1993, 12) ★★★★
**2.20** **Bridget Jones: Mad About the Boy** (2024, 15) ★★★★
**4.30** **Anaconda** Action comedy. (2025, 12, 99min) ★★★
**6.10** **Beetlejuice Beetlejuice** Horror comedy. (2024, 12) ★★★★

**8.00** **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey. Pet detective Ace Ventura searches for a sacred white bat in Africa. With Ian McNeice. (1995, PG, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.40** **The Intern** Comedy starring Robert De Niro and Anne Hathaway. A retiree becomes an intern at a start-up run by an entrepreneur. (2015, 12, 121 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**11.45** **American Pie** Teen comedy starring Jason Biggs. (1999, 15, 96min) ★★★★
**1.25** AM **American Pie 2** Teen comedy sequel starring Jason Biggs and Shannon Elizabeth. (2001, 15, 106min) ★★★
**3.15** **American Pie: The Wedding** Comedy sequel starring Jason Biggs. (2003, 15, 96min) ★
**4.55** **to 6.50** AM **American Reunion** Comedy sequel. (2012, 15, 108min) ★★

## Sky Cinema Thriller

309 309 409 509 523

**6.30** AM **The Alto Knights** Drama. (2024, 15, 123min) ★★★
**8.40** **RocknRolla** As 10.05pm.
**10.50** **Jason Bourne** Action thriller. (2016, 12, 123min) ★★★
**1.05** PM **The Accountant** Thriller. (2016, 15, 123min) ★★★
**3.25** **The Girl on the Train** Crime thriller starring Emily Blunt. (2016, 15, 107min) ★★★★
**5.30** **Clear and Present Danger** Action thriller with Harrison Ford. (1994, 12, 141 min) ★★★

**8.00** **Strung** Thriller starring Chloe Bailey. A violinist's new job tutoring for a family turns into a battle for safety when she realises her past is linked to the family's patriarch. With Lynn Whitfield and Lucien Laviscount. (2026, 15, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

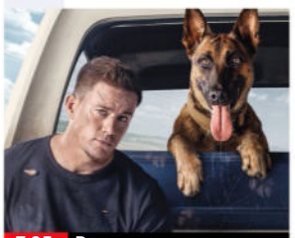
**10.05** **RocknRolla** Guy Ritchie's crime comedy thriller starring Gerard Butler and Tom Wilkinson. Two East End crooks trigger a feud between a London crime boss and a Russian mobster. With Mark Strong. (2008, 15, 110min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**12.05** AM **Carolina Caroline** Crime thriller with Samara Weaving. (2025, 15, 105min) ★★★★
**2.00** **Murder by Numbers** Thriller. (2002, 15, 120min) ★★★
**4.10** **to 6.00** AM **Along Came a Spider** Crime thriller. (2001, 15, 103min) ★★★

## Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
**11.00** AM **Playing with Fire** Comedy. (2019, PG, 96min) ★★
**12.55** PM **Steel Magnolias** Comedy drama. (1989, PG) ★★★★
**3.15** **All That Heaven Allows** Vintage romantic melodrama. (1955, U, 89min) ★★★★
**5.00** **The Enemy Below** Adventure. (1957, PG, 98min) ★★★★
**7.05** **Dog** Comedy co-directed by and starring Channing Tatum. (2022, 12, 101 min) ★★★




**Dog** (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.00** **Angel Has Fallen** Action thriller sequel starring Gerard Butler. Secret Service agent Mike Banning is framed for an assassination attempt on the US president, and races to clear his name. With Morgan Freeman. (2019, 15, 121 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**11.20** **Peppermint** Revenge thriller starring Jennifer Garner. An LA banker sets out on a one-woman vengeance mission after her husband and daughter are killed. (2018, 15, 101 min) ★★
**1.20** **to 3.50** AM **Lucy in the Sky** Drama starring Natalie Portman and Jon Hamm. (2019, 15, 124min) ★★★

+1hour 314 430 47 301 257

8 PM
9 PM
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11 PM

## Sky Cinema Animation

302 302 402 502 516

**6.20** AM **The Secret Life of Pets** Animation. (2016, U) ★★★
**7.50** **The Secret Life of Pets 2** Animation. (2019, U) ★★★
**9.20** **The Wild Robot** Animation. (2024, U, 102min) ★★★★
**11.05** **Looney Tunes: The Day the Earth Blew Up** Animated adventure. (2024, PG, 91 min)
**12.40** PM **Chicken Run** Animation. (2000, U, 84min) ★★★★

**2.15** **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
**4.00** **Hotel Transylvania** Animation. (2012, U, 91 min) ★★★★
**5.35** **Dog Man** Animated comedy. (2025, U, 89min) ★★★★
**7.10** **The SpongeBob Movie: Sponge Out of Water** Animation. (2015, U) ★★★
**8.45** **The Pirates! In an Adventure with Scientists** Comedy. (2012, U, 87min) ★★★★
**10.15** **Pets on a Train** Animation. (2025, PG, 87min) ★★★

**11.45** **Into the Wonderwoods** Animation. (2024, U) ★★★
**1.15** AM **10 Lives** Animated comedy. (2024, U, 98min) ★★★
**2.45** **Fireheart** (2022, U) ★★★
**4.20** **The Pirates! In an Adventure...**
**5.50** **to 7.30** AM **Rebellious** Animation. (2024, PG) ★★★

## Sky Cinema Greats

307 307 404 504 518

**7.20** AM **Mr Nice Guy** As 5.50am.
**8.50** **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
**11.15** **Dog Day Afternoon** Thriller. (1975, 15, 130min) ★★★★
**1.25** PM **Murder by Decree** Chiller. (1978, 12, 112min) ★★★★
**3.40** **Batman** Tim Burton's adventure. (1989, 15, 121 min) ★★★★
**5.50** **Batman Returns** Adventure. (1992, 12, 121 min) ★★★★

**8.00** **Batman Forever** Adventure starring Val Kilmer, Tommy Lee Jones, Jim Carrey and Chris O'Donnell. Batman and his new partner Robin tackle psychotic criminals Two-Face and The Riddler. (1995, 12, 121 min) ★★★
**10.05** **Batman & Robin** Adventure with George Clooney, Chris O'Donnell and Arnold Schwarzenegger. Batman and Robin, aided by new ally Batgirl, take on fearsome villains Mr Freeze and Poison Ivy. (1997, PG, 125min) ★★

**12.10** AM **Scarface** Brian De Palma's crime thriller starring Al Pacino. (1983, 18, 163min) ★★★★★
**3.00** **A Clockwork Orange** Futuristic satire. (1971, 18, 136min) ★★★★
**5.20** **The Cinema List: Sky Originals**
**5.50** **to 7.30** AM **Mr Nice Guy** Action comedy. (1996, 15, 88min) ★★★

## Disney+ Cinema

305 305

**6.00** AM **Ratatouille** Animation. (2007, U, 106min) ★★★★★
**7.55** **Raya and the Last Dragon** Animated fantasy adventure. (2021, PG, 103min) ★★★★
**9.45** **Monsters, Inc** Animation. (2001, U, 95min) ★★★★★
**11.20** **Hercules** Animated musical. (1997, U, 92min) ★★★★
**1.00** PM **Finding Nemo** Animation. (2003, U, 104min) ★★★★★

**2.40** **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
**4.25** **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
**6.50** **National Treasure** Adventure caper starring Nicolas Cage. (2004, PG, 131 min) ★★★★
**9.00** **Black Swan** Psychological thriller starring Natalie Portman. (2010, 15, 108min) ★★★
**10.50** **Starship Troopers** Sci-fi war drama. (1997, 18, 129min) ★★

**1.00** AM **Nightbitch** Dark comedy starring Amy Adams and Scoot McNairy. (2024, 15, 99min) ★★★
**2.45** **The East** Political thriller. (2013, 15, 111 min) ★★★★
**4.45** **to 6.00** AM **Sleeping Beauty** Animated version of the fairy tale. (1959, U, 75min) ★★★★

## Movies 24

312 313 419

**7.00** AM **Love for Starters** Romantic comedy. (2022, PG, 85min) ★★
**9.00** **Learning to Love** Comedy drama. (2023, PG, 89min) ★★
**11.00** **Catch of the Day** Romantic drama. (2025, PG, 84min) ★★
**1.00** PM **Home Turf** Romantic comedy. (2025, PG, 84min) ★★
**3.00** **Love and Penguins** Romantic comedy starring Tammin Sursok. (2022, PG, 90min) ★★

**5.00** **Haul Out the Halloween** Comedy. (2025, PG, 84min) ★★
**7.00** **Branching Out** Drama starring Sarah Drew and Cora Bella. (2024, PG, 90min) ★★
**9.00** **An Alpine Holiday** Comedy drama starring Ashley Williams and Laci J Mailey. A pair of estranged sisters reunite for Christmas in the French Alps, reminiscing their grandfather's first trip. (2025, U, 90min) ★★
**11.00** **Modeled with Love** Romantic drama. (2023, PG, 90min) ★★

**1.00** AM **Write Place, Write Time** Romantic comedy drama. (2023, PG, 85min) ★★
**3.00** **to 5.00** AM **Savoring Paris** Drama starring Bethany Joy Lenz. (2024, PG, 90min) ★★

Movies 24+ 315/329 314 420

## Talking Pictures

324 445 82 306 36

**6.00** AM **The Vise** 17/39. (S1)
**6.30** **Devil's Bait** Suspense thriller. (1959, b/w, U, 58min) ★★
**7.40** **The Dark Road** Crime drama. (1947, b/w, PG, 80min) ★
**9.10** **River Beat** Crime thriller. (1954, b/w, U, 70min) ★★
**10.30** **Z Cars** 6/31. (S10)
**11.30** **Inspector Hornleigh** Comedy. (1938, b/w, U, 87min) ★★★
**1.00** PM **Richard the Lionheart** (S1)

**1.30** **Night Train to Paris** Thriller. (1964, b/w, U, 65min) ★★★
**2.45** **The Men of Sherwood Forest** Swashbuckling adventure. (1954, U, 77min) ★★
**4.20** **I'm All Right, Jack** The Boulting Brothers' classic satire. (1959, b/w, U, 105min) ★★★
**6.25** **Scotland Yard** 8/39. (S1)
**7.00** **The Footage Detectives**
**8.00** **Maigret** 2/6. (S4)
**9.50** **The Weak and the Wicked** Prison drama with Glynis Johns. (1953, b/w, PG, 84min) ★

**11.35** **Murders in Cornouaille** French thriller. (2018, 15, 100min) ★★★
**1.40** AM **California Suite** Comedy. (1978, 12, 103min) ★★★
**3.45** **A Hole Lot of Trouble** Comedy.
**4.20** **Cinebox Memories**
**4.25** **The Veil** 3/12. (S1)
**5.00** **to 6.00** AM **Railway Murders**

# MONDAY Sport



## Sky Sports Main Event

401 401 501 419 439

- **6.00** AM **Sky Sports Catch Up**
- **7.00** **Sky Sports Breakfast**
- **9.00** **Good Morning Transfers**
- **10.00** **Sky Sports FC**
- **12.00** NOON **Transfer Talk**
- **1.00** PM **Lunchtime Live**
- **2.00** **The EFL Show**
- **3.00** LIVE **The Hundred** Trent Rockets v Southern Brave. Coverage of the match in the women's competition at Trent Bridge. Start-time **3.00pm**.
- **6.00** LIVE **The Hundred** Trent Rockets v Southern Brave. Coverage of the men's match at Trent Bridge. Start-time **6.30pm**.
- **7.45** LIVE **EFL Cup** Plymouth Argyle v Exeter City. The southern section first-round tie at Home Park. Kick-off **8pm**.
- **10.30** **Paper Talk**
- **11.00** LIVE **ATP Tennis** The Canadian Open quarter-finals in Montreal.
- **12.00** M'T LIVE **WTA & ATP Tennis** Coverage of day nine of the ATP Canadian Open in Montreal and the WTA staging in Toronto.
- **3.00** AM LIVE **WTA Tennis** The Canadian Open quarter-finals.
- **4.00** **to 6.00** AM **Sky Sports News**

## Sky Sports Premier League

402 402 502 420 440

- **6.00** AM **PL Greatest Games**
- **7.00** **Premier League Best Goals**
- **8.00** **Premier League 100 Club**
- **9.00** **Good Morning Transfers**
- **10.00** **Sky Sports FC**
- **12.00** NOON **Transfer Talk**
- **1.00** PM **Premier League Highlights**
- **3.00** **SNF** Chelsea v Liverpool.
- **3.30** **Premier League Highlights** Liverpool v Manchester United.
- **4.00** **SNF** Action from Manchester United v Brighton & Hove Albion.
- **4.30** Sunderland v Arsenal.
- **5.00** **City: PL Champions Again** A look back at Manchester City's 2022/23 title-winning season.
- **6.00** **Brazilians in the Premier League** The Brazilian stars who have graced the top flight.
- **7.00** **The Transfer Show**
- **8.00** **Premier League Review**
- **9.00** **Transfer 360** Gareth Barry.
- **9.30** Patrick Vieira.
- **10.00** **Premier League Stories**
- **10.30** **Away From Home**
- **11.00** **Premier League Years** A look back at the 1996/97 season.
- **1.00** AM **PL Retro** Manchester United v Manchester City from 2009/10.
- **3.00** **PL Greatest Games**
- **4.00** **Premier League Best Goals**
- **5.00** **to 6.00** AM **PL 100 Club**

## Sky Sports Football

403 403 503 421 441

- **6.00** AM **EFL** The 2024/25 play-offs.
- **9.00** **SPFL Round-Up**
- **9.15** **SPFL Highlights**
- **9.30** **EFL Greatest Games**
- **10.00** **EFL Cup Retro** The 2020 final.
- **12.00** NOON **EFL Cup Highlights**
- **1.30** PM **SPFL Round-Up**
- **1.45** **SPFL Highlights**
- **2.00** **The EFL Show**
- **3.00** **Championship Season Review**
- **4.00** **EFL: The Play-Offs at 40**
- **5.30** **SPFL Round-Up**
- **5.45** **SPFL Highlights**
- **6.00** **EFL Cup Highlights** Action from Colchester United v Southampton. **6.30** Highlights from Mansfield Town v Sheffield United.
- **7.00** LIVE **EFL Cup** Plymouth Argyle v Exeter City. Coverage of the southern section first-round encounter held at Home Park. Kick-off **8.00pm**.
- **10.30** **EFL Greatest Games**
- **11.00** **Championship Season Review**
- **12.00** M'T **EFL Cup Highlights**
- **1.00** AM **Championship Retro**
- **3.00** **150 Years of the Edinburgh Derby** Hearts v Hibernian.
- **4.00** **EFL Cup Highlights**
- **5.00** **SPFL Highlights**
- **5.30** **to 6.00** AM **EFL Greatest Games**

## Sky Sports Cricket

405 405 505 422 442

- **6.00** AM **The Hundred**
- **2.15** PM **The Hundred Bitesize**
- **2.45** LIVE **The Hundred** Trent Rockets v Southern Brave. Coverage of the match in the women's competition staged at Trent Bridge. Start-time **3.00pm**.
- **6.00** LIVE **The Hundred** Trent Rockets v Southern Brave. Coverage of the men's match held at Trent Bridge. The Rockets prevailed by four wickets when the teams met here last year, with wicket-keeper Tom Moores scoring 55 runs off 30 balls, and they went on to reach the play-offs, while Brave missed out by one place. Start-time **6.30pm**.
- **9.30** **The Hundred Bitesize** Action from Trent Rockets v Southern Brave in the women's competition. **9.45** Trent Rockets v Southern Brave in the men's competition.
- **10.00** **The Hundred** Another chance to see Trent Rockets v Southern Brave in the men's competition.
- **1.30** AM **The Hundred Bitesize**
- **2.00** **The Hundred** A chance to see Trent Rockets v Southern Brave.
- **5.15** **Best of ICC WT20**
- **5.45** **to 6.00** AM **The Hundred**

## Sky Sports Golf

406 406 506 423 443

- **6.00** AM **Chronicles of a Champion Golfer** Profiles of leading players.
- **7.00** **Legends Tour Golf**
- **8.00** **Ladies European Tour Golf**
- **12.00** NOON **PGA Tour Golf**
- **6.00** PM **Challenge Tour Golf**
- **6.30** **DP World Tour Golf**
- **7.00** **PGA Tour Golf** The fourth day of the Wyndham Championship.
- **8.00** **PGA Tour Champions** Action from the Portugal Invitational.
- **9.00** **Scotland's Greatest Golf Holes**
- **10.00** **PGA Tour Golf** Highlights.
- **11.00** **Legends Tour Golf**
- **12.00** M'T **Justin Rose: Chasing Forever** Profile of the golfer.
- **1.00** **to 6.00** AM **PGA Tour Golf**

## Sky Sports Tennis

408 408 508 425 445

- **6.00** AM **WTA & ATP Tennis**
- **3.00** PM **WTA & ATP Tennis** The Washington DC Open finals.
- **5.00** **WTA Tennis** Memphis Classic.
- **6.00** **WTA & ATP Tennis** Action from day eight of the Canadian Open.
- **9.00** LIVE **WTA & ATP Tennis** Coverage of the Canadian Open doubles competitions on day nine.
- **11.00** LIVE **ATP Tennis** Coverage of the Canadian Open quarter-finals in Montreal. Alexander Zverev and Alexei Popyrin were involved in the only match to require three sets at last year's tournament, and it was Zverev who booked his place in the semi-finals.
- **12.00** M'T LIVE **WTA & ATP Tennis** Day nine of the Canadian Open.
- **3.00** AM LIVE **WTA Tennis** The Canadian Open quarter-finals.
- **4.00** **to 6.00** AM **WTA & ATP Tennis**

## TNT Sports 1

410 413 521 408 430

- **6.00** AM **MotoGP** Grand Prix of Britain.
- **7.00** LIVE **Snooker: Chinese Open** Coverage of the sixth session from round one staged at Riverside Sports Centre in Taiyuan.
- **10.30** **UEFA Champions League**
- **11.00** **UEFA Europa League**
- **11.30** **UEFA Conference League**
- **12.00** NOON **Premier League Legends**
- **12.30** PM LIVE **Snooker: Chinese Open** The seventh session from round one staged at Riverside Sports Centre in Taiyuan.
- **4.00** **Premier League Legends**
- **5.00** **MLB Highlights**
- **6.00** LIVE **Ultimate Pool** The Group A matches in the Super 8's of the Champions League tournament.
- **9.30** **The Gruppetto** Cycling news.
- **9.45** **CPL Highlights** Antigua & Barbuda Falcons v Saint Lucia Kings in the cricket competition.
- **10.15** **Global Champions Tour** Action from the Grand Prix of London.
- **11.15** **MLB Highlights**
- **12.15** AM LIVE **MLB** Atlanta Braves v New York Mets. The National League East match at Truist Park. Start-time **12.15am**.
- **3.00** **MLB Classic** Archive action.
- **4.00** **to 6.00** AM **NWSL**

## TNT Sports 2

411 414 522 409 431

- **6.00** AM **LIV Golf** From New Jersey.
- **7.30** **MotoGP** Highlights of races from the Grand Prix of Britain.
- **10.00** **Men's Cycling Pro Series** Stage four of the Tour of Portugal.
- **11.00** **Fencing World Championships** Highlights from Hong Kong.
- **1.00** PM **Tour de France Women** The ninth stage of the race.
- **2.00** **Men's Cycling Pro Series** Stage four of the Tour of Portugal.
- **3.00** **MLB Plays of the Week** A look at the most exciting plays from the past week's matches.
- **3.30** **Fencing World Championships** Highlights from Hong Kong.
- **5.30** **Sign Up – Into Football**
- **6.30** **Global Champions Tour** Action from the Grand Prix of London.
- **7.30** **LIV Golf** Action from the fourth and final day of the 11th round of the season in New Jersey.
- **9.00** **Fishing: On the Bank**
- **10.00** **Men's Cycling Pro Series** Stage five of the Tour of Portugal.
- **11.00** **The Match That Changed Tennis**
- **12.00** M'T **World Series of Poker**
- **1.00** AM **London Premier Padel**
- **2.00** **Formula E Flashback**
- **2.30** **UEFA Champions League**
- **3.00** **Men's Cycling Pro Series**
- **4.00** **to 6.00** AM **Snooker**

## Sky Sports Action

412 410 510 426 446

- **6.00** AM **Super League** Another chance to see Huddersfield Giants v Leigh Leopards from 2025.
- **9.00** **Super League** Wigan Warriors v Warrington Wolves from 2025.
- **11.30** **Super League Highlights**
- **12.00** NOON **NFL Highlights**
- **1.00** PM **Good Morning Football**
- **3.00** **NFL Highlights**
- **4.00** **Super League Highlights**
- **5.00** **NFL Highlights**
- **6.00** **NBC's Pro-Football Talk** With Mike Florio and Chris Simms.
- **8.00** **Zuffa Boxing** Highlights from Aaron McKenna v Etinosa Oliha.
- **9.00** **MVP Boxing** Cherneka Johnson v Dina Thorslund highlights.
- **10.00** **NFL Bitesize Highlights**
- **11.00** **NFL Highlights**
- **12.00** M'T **The Insiders** NFL news.
- **1.00** AM LIVE **WNBA** Atlanta Dream v Toronto Tempo. The Eastern Conference match at Gateway Center Arena in College Park, Georgia. Tip-off **1.00am**.
- **3.30** LIVE **WNBA** Seattle Storm v Chicago Sky. Coverage of the inter-conference match staged at Climate Pledge Arena. Tip-off is at **3.30am**.
- **5.30** **to 6.00** AM **Super League**

## Sky Sports Sky Sports+

404 404 504 427 447

- **6.00** AM **Sky Sports Catch Up**
- **7.00** **Sky Sports Breakfast**
- **8.00** **Super League** A replay of Hull Kingston Rovers v St Helens.
- **10.50** **My Icon** Leon Pryce.
- **11.00** **Sky Sports FC**
- **12.00** NOON **Transfer Talk**
- **1.00** PM **Lunchtime Live**
- **2.00** **The EFL Show**
- **3.00** **Sports Desk**
- **4.00** **The Transfer Show**
- **4.30** **Sports Desk**
- **5.00** **Sky Sports News**
- **7.00** **The Transfer Show**
- **8.00** **Sports Centre**
- **9.00** LIVE **WTA & ATP Tennis** Coverage of the doubles competitions on day nine of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto, both of which are hard-court tournaments.
- **11.00** LIVE **ATP Tennis** The Canadian Open quarter-finals in Montreal.
- **12.00** M'T LIVE **WTA & ATP Tennis** Further coverage of the ninth day of the Canadian Open.
- **3.00** AM LIVE **WTA Tennis** Coverage of the Canadian Open quarter-final matches staged in Toronto.
- **4.00** **to 6.00** AM **WTA & ATP Tennis**

## Sky Sports Mix

416 412 511 429 449

- **6.00** AM **PL Greatest Games**
- **7.00** **Women's T20 World Cup**
- **8.00** **ATP Tennis** Buenos Aires Open.
- **9.00** **LPGA Tour Golf**
- **10.00** **PGA Tour Golf**
- **11.00** **WTA Tennis** Ostrava Open.
- **12.00** NOON **My Icon**
- **12.30** PM **Darts Gold** Archive action.
- **1.00** **NFL Highlights**
- **2.00** **Premier League Darts**
- **5.10** **Darts Gold** Archive action.
- **5.15** **NFL Bitesize Highlights**
- **6.00** **Formula 1** Highlights from the Barcelona-Catalunya Grand Prix.
- **7.00** **Ted's Notebook**
- **7.30** **GB3 Championship Highlights**
- **8.30** **Ferrari Challenge UK**
- **9.00** **PGA Tour Golf** Highlights.
- **10.00** **My Icon** Sporting influences.
- **10.30** **Gerwyn Price: Welsh Glory**
- **11.00** **NFL Highlights**
- **12.00** M'T **Super League**
- **2.45** AM **My Icon** Maggie Alphonsi.
- **3.00** LIVE **WNBA** Seattle Storm v Chicago Sky. Coverage of the match at Climate Pledge Arena. Tip-off **3.30am**.
- **5.30** **to 6.00** AM **Gerwyn Price: Welsh Glory 2021**

## TNT Sports 3

413 415 523 410 432

- **6.00** AM **Test Cricket Highlights**
- **8.00** **Tour de France Women**
- **9.00** **Men's Cycling** Tour of Poland.
- **10.00** **TNT Sports Cricket Reload**
- **10.15** **No Filter Football**
- **10.30** LIVE **European Athletics Championships** Coverage of the morning session on day one from Alexander Stadium in Birmingham. *See feature, page 28.*
- **1.00** PM **MLB Highlights**
- **2.00** **CPL Highlights**
- **2.30** **LIV Golf** From New Jersey.
- **4.00** **Test Cricket Highlights**
- **6.00** **London Premier Padel** Highlights of the women's final. **6.30** Action from the men's final.
- **7.00** LIVE **European Athletics Championships** The evening session on the first day at Alexander Stadium, Birmingham.
- **10.00** **Snooker: Chinese Open**
- **12.00** M'T **Test Cricket Highlights**
- **4.00** **to 6.00** AM **Supercars Championship Highlights**

## TNT Sports 4

414 416 524 411 434

- **6.00** AM **AFL** Western Bulldogs v North Melbourne Kangaroos. **7.30** Another chance to see Brisbane Lions v Hawthorn Hawks. **9.00** A replay of Melbourne Demons v Fremantle Dockers. **10.30** A chance to see Sydney Swans v Port Adelaide Power.
- **12.00** NOON **AFL** A replay of Geelong Cats v Essendon Bombers. **1.30** PM A replay of Adelaide Crows v Richmond Tigers. **3.00** Another chance to see GWS Giants v Gold Coast Suns. **4.30** Another chance to see West Coast Eagles v Collingwood.
- **6.00** **MotoGP** Action from the Grand Prix of Britain at Silverstone.
- **9.30** **NWSL** Women's football action.
- **11.30** **AFL** St Kilda Saints v Carlton Blues.
- **1.00** AM **UFC** Another chance to see Mateusz Gamrot v Quillan Salkilld.
- **4.00** **UFC: The Ultimate Fighter**
- **5.00** **UFC Fight Flashback**
- **5.30** **to 6.00** AM **PL Legends**

## Premier Sports 1

419 APP 528

- **6.00** AM **Indikart Championship**
- **7.00** **Swedish Speedway**
- **9.00** **Football's Greatest**
- **9.30** **Brasileiro Serie A** A replay of Palmeiras v Internacional.
- **11.30** **Brasileiro Serie A** Red Bull Bragantino v Corinthians.
- **1.30** PM **Football's Greatest**
- **2.00** **Football** Another chance to see Bayer Leverkusen v Sevilla.
- **4.00** **Temples of Sport**
- **4.30** **Scottish Cup Football** Celtic v Dunfermline Athletic in the final.
- **6.30** **Sporting Greats**
- **7.00** **FIM Sidecarcross Championship** The Grand Prix of Lithuania.
- **8.00** **Brasileiro Serie A** A replay of Palmeiras v Internacional.
- **10.00** **Brasileiro Serie A** Red Bull Bragantino v Corinthians.
- **12.00** M'T **Football's Greatest**
- **12.30** AM **Football** A match replay.
- **2.30** **Temples of Sport**
- **3.00** **Africa Eco Race**
- **3.15** **to 6.00** AM **Football**

## Premier Sports 2

420 APP 529

- **6.00** AM **Temples of Sport**
- **6.30** **NASCAR** The Iowa Corn 350 at Iowa Speedway in Newton, Iowa.
- **10.30** **Bike World** Magazine.
- **11.00** **NASCAR O'Reilly Series** The Hy-Vee PERKS 250 held at Iowa Speedway Newton, Iowa.
- **2.00** PM **Motorsport** A look back at the career of Valentino Rossi.
- **2.30** **Challenge Cup** Another chance to see Ulster v Exeter Chiefs. **4.30** Another chance to see Montpellier v Dragons.
- **6.30** **Challenge Cup** A replay of Montpellier v Ulster in the final.
- **8.30** **Temples of Sport** Iconic sporting venues from around the globe.
- **9.00** **Swedish Speedway** Action from a high-profile Elitserien meeting.
- **11.00** **Temples of Sport** Iconic sporting venues from around the globe.
- **11.30** **Top 14 Rugby Union** A replay of Toulouse v Montpellier in the final.
- **1.30** AM **NASCAR** Iowa Corn 350.
- **5.30** **to 6.00** AM **Bike World**

## Sky Sports F1

407 407 507 424 444

- **6.00** AM **Formula 1** Race highlights.
- **9.00** **GB3 Championship Highlights**
- **10.00** **Formula 1** Monaco Grand Prix.
- **12.30** PM **F1 Features**
- **1.00** **Formula 1** A replay of the Barcelona-Catalunya Grand Prix.
- **3.15** **Ted's Notebook**
- **3.45** **F1 Features**
- **4.00** **Formula 1** Race highlights.
- **7.00** **Formula 1** Monaco Grand Prix.
- **9.15** **The Cornwall Air Ambulance**
- **9.30** **Ferrari Challenge UK Highlights**
- **10.00** **Formula 1** Race highlights.
- **1.00** AM **F1 Explained**
- **2.00** **The Best of F1**
- **5.00** **to 6.00** AM **F1 Explained**

# Tuesday

11 August

## Planner

### The Romans with Rob Rinder and Ruth Goodman

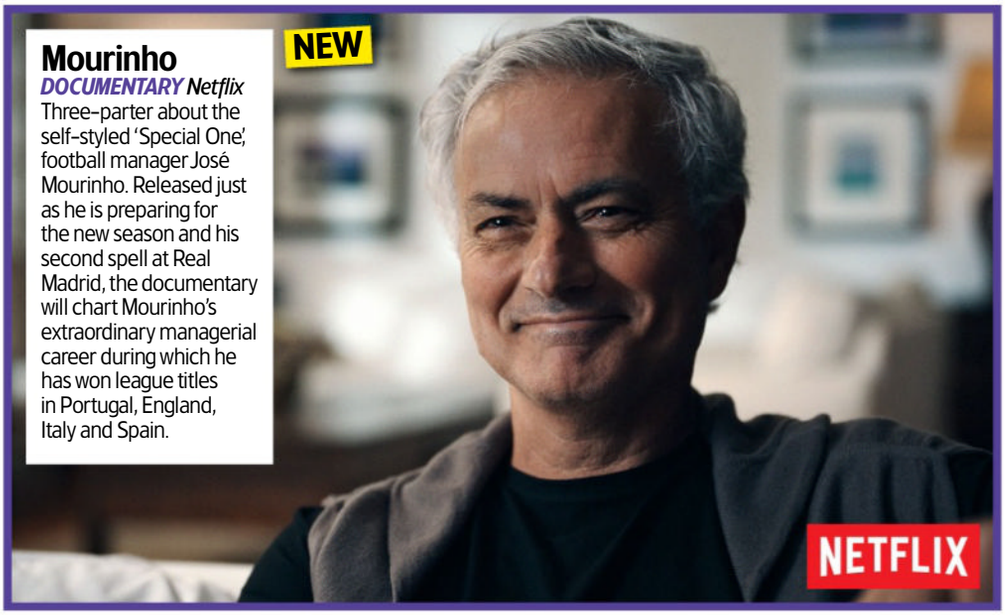
*DOCUMENTARY 5, 9pm*

The duo turn the clock back to when Emperor Hadrian, who was then deemed the most important person in the world, visited Roman Britain in 122 AD.

### Mourinho

*DOCUMENTARY Netflix*

Three-parter about the self-styled 'Special One', football manager José Mourinho. Released just as he is preparing for the new season and his second spell at Real Madrid, the documentary will chart Mourinho's extraordinary managerial career during which he has won league titles in Portugal, England, Italy and Spain.




### Savage Mountain

*DOCUMENTARY*

*Sky Documentaries, 9pm*

The story of Kristin Harila, who set a world record in 2023 for summitting all 14 of the world's highest peaks in just 92 days, though her historic achievement was subject to controversy.

### Joe and David's Magical Sitcom Tour

*DOCUMENTARY*

*U&Gold, 9pm*

Joe Wilkinson and David Earl's next leg of their tour celebrates the classic *Fawlty Towers*, exploring the studio where the comedy was filmed, before hitting the road to Torquay.

| SKY | EVENING TIME | 7.00PM | 7.30PM | 8.00PM | 8.30PM | 9.00PM | 9.30PM | 10.00PM | 10.30PM |
|---|---|---|---|---|---|---|---|---|---|
| FAVOURITES | 101 BBC1 | 7.00 The One Show † | 7.30 EastEnders | 8.00 Athletics: European Championships – Live: Coverage of day two | | | | 10.00 News; Local News | |
| | 102 BBC2 | 7.00 Athletics: European Championships... | | 8.00 The Great British Sewing Bee | | 9.00 Bloody Mary: Lucy Worsley Investigates | | 10.00 Live at the... | 10.30 Newsnight |
| | 103 ITV1 | ‹ 6.30 News | 7.30 Inside The... | 8.00 Emmerdale | 8.30 Coronation... | 9.00 Cold Case Forensics: In the Blood | | 10.00 News; Local News | |
| | 104 CHANNEL 4 | 7.00 News | | 8.00 Dover 24/7: Britain's Busiest Port | | 9.00 Celebrity Hunted | | 10.00 Gogglebox | |
| | 105 5 | 7.00 The Yorkshire Vet: At Home with the... | | 8.00 Inside Longleat | | 9.00 The Romans with Rob Rinder and Ruth Goodman | | | 10.30 The Bomb on... |
| | 106 SKY ONE | 7.00 The Simpsons | | 8.00 Best Medicine | | 9.00 Never Mind the Buzzcocks | | 10.00 The 'Burbs | |
| ENTERTAINMENT | 115 BBC3 | | 7.05 Spud | 7.25 Film: Lara Croft: Tomb Raider | | 9.00 RuPaul's... | 9.20 Film: Bridget Jones's Diary | | |
| | 116 BBC4 | 7.00 The Architecture the Railways Built | | 7.55 To the Manor Born | 8.30 Keeping Up... | 9.00 Ardal O'Hanlon: Tomb Raider | | 10.00 Kamikaze: An Untold History | |
| | 118 ITV2 | 7.00 The Floor | | 8.00 The 1% Club | | 9.00 Olivia Attwood: The Price of Perfection | | 10.00 Family Guy | |
| | 136 MORE4 | ‹ 6.50 Car S.O.S. | | 7.55 Grand Designs | | 9.00 Oti and Richard's South African Odyssey | | 10.00 24 Hours in A&E | |
| | 135 E4 | 7.00 Hollyoaks | 7.30 The Simpsons | 8.00 Vanderpump Rules | | 9.00 Below Deck Down Under | | 10.00 First Dates: Valentine's | |
| | 107 SKY WITNESS | 7.00 Nothing to Declare | | 8.00 Caught on Dashcam | | 9.00 The Rookie | | 10.00 Blue Bloods | |
| | 108 SKY ATLANTIC | ‹ 6.50 House of the Dragon | | | | 9.00 Gomorrah: The Origins | | | |
| | 110 U&GOLD | 7.00 Porridge | 7.40 Dad's Army | | 8.20 Are You Being Served? | 9.00 Joe & David's Magical Sitcom Tour | | 10.00 Fawlty Towers | 10.40 Not... |
| | 111 U&DAVE | 7.00 Mortimer & Whitehouse | 7.40 Would I Lie to You? | | | 9.00 Have I Got a Bit More News for You | | 10.00 QI XL | |
| | 119 ITV3 | ‹ 6.55 Heartbeat | | 8.00 Vera | | | | 10.00 Grantchester | |
| | 120 ITV4 | 7.00 The Motorbike Show | | 8.00 King of the Roads | | 9.00 Ice Road Truckers | | 10.00 Wrestling: AEW Collision | |
| | 112 COMEDY CENTRAL | 7.00 Friends | | | | 9.00 Film: The Rock | | | |
| | 145 SKY SCI-FI | 7.00 Stargate Atlantis | | 8.00 Stargate SG-1 | | 9.00 Resident Alien | | 10.00 Grimm | |
| | 143 U&DRAMA | ‹ 6.35 Last of the Summer Wine | | 8.00 'Allo 'Allo! | | | | 10.00 New Tricks | |
| | 109 U&ALIBI | 7.00 Private Eyes | | 8.00 Death in Paradise | | | | | 10.20 Father Brown |
| | 122 SKY ARTS | 7.00 Alfred Hitchcock Presents | | 8.00 The World in a Painting: Ingres' Diamond | | | 9.15 Art Traffickers: Treasures Stolen from... | | 10.15 Wonderland: Gothic |
| | 132 U&W | 7.00 MasterChef Australia | | | 8.10 Pete Wicks: For Dogs' Sake | | 9.10 Dahmer on Dahmer: A Serial Killer Speaks | | |
| DOCUMENTARY | 125 DISCOVERY | 7.00 Supercar Showroom | | | | 9.00 Deadliest Catch | | 10.00 In the Eye of the Storm | |
| | 162 ANIMAL PLANET | 7.00 Treehouse Masters: Out on a Limb | | 8.00 The Pool Master | | 9.00 Alaska: The Last Frontier | | 10.00 Alaskan Bush People | |
| | 129 NAT GEO | 7.00 Air Crash Investigation | | 8.00 Liberation: D-Day to Berlin | | | | 10.00 Disaster Autopsy | |
| | 123 SKY HISTORY | 7.00 Forged in Fire | | 8.00 History's Greatest Aircraft | | 9.00 History's Greatest Machines with... | | 10.00 Prison Chronicles | |
| | 155 U&YESTERDAY | 7.00 A Perfect Planet | | 8.00 Bangers & Cash: Restoring Classics | | 9.00 Bangers & Cash | | | |
| | 114 SKY DOCS | 7.00 Film: Touching the Void | | | | 9.00 Savage Mountain | | | |

‹ Denotes programmes starting before 7.00pm † Regions vary

# TUESDAY

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Tuesday

## BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.00 **Trace, Track, Get My Car Back** (R)
10.30 **LIVE Athletics: European Championships** Coverage of the opening session on day two from Alexander Stadium in Birmingham, including the heats of the men's 100m and women's 800m. *Continues at 7.00pm on BBC2*. (S)
1.15 PM **BBC News** (S)
1.40 **Local News** (S)
1.50 **BBC News** (S)
2.00 **Money for Nothing** New edition A sewing machine table is saved. (S)
2.45 **Escape to the Country** (S)(R)(AD)
3.30 **The Repair Shop** (S)(R)(AD)
4.30 **The Answer Run** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

10.40 The Boys in the Boat

**7 PM**

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** A worrying situation escalates for Chelsea, and Max finds himself on the receiving end of Cindy's wrath. (S)(AD)

**8 PM**

8.00 **LIVE Athletics: European Championships** Gabby Logan presents further coverage of the evening session on day two from Alexander Stadium in Birmingham, including the men's 100m final. Italy's Marcel Jacobs has established himself as one of the greatest sprinters the continent has ever produced over the years, winning this title in 2022 and 2024 and also taking Olympic gold in Tokyo. Analysis from Jessica Ennis-Hill and Greg Rutherford. (S)

**9 PM**

**10 PM**

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM The Boys in the Boat** Fact-based drama directed by George Clooney and starring Joel Edgerton, Callum Turner and Peter Guinness. A group of underdogs, at the height of the Great Depression, are thrust into the spotlight, taking on elite rivals from around the world as part of the American rowing team at the 1936 Berlin Summer Olympic Games. (S) (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.35 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.40 **to 6.00** AM **BBC News** (S)

## BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Homes Under the Hammer** (R)
7.15 **Money for Nothing** (S)(R)
8.00 **Sign Zone: The Great British Sewing Bee** (S)(R)(AD)
9.00 **BBC News** (S)
10.30 **Antiques Road Trip** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Game show. (S)(R)
2.15 **Do You Know Your Place?** (S)(R)
2.45 **The Farmers' Country Showdown** From Guildford. (S)(R)
3.30 **Spy in the Ocean** (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** (R)
5.15 **Flog It!** From Basingstoke. (S)(R)
6.00 **Richard Osman's House of Games** Quiz show. (S)(R)
6.30 **Bear Grylls: Wild Reckoning** A parenting disagreement. (S)(R)

8.00 The Great British Sewing Bee

7.00 **LIVE Athletics: European Championships** The evening session on day two from Alexander Stadium in Birmingham, including the finals of the men's hammer and women's 5,000m. *Coverage continues on BBC1*. (S)

8.00 **The Great British Sewing Bee** New edition 5/10. The sewers tackle the world of sport, crafting men's swimming shorts, outfits recycled from windsurf sails and personalised, made-to-measure bowling shirts. (S)(AD)

9.00 **Bloody Mary: Lucy Worsley Investigates** 4/4. Lucy explores whether 'Bloody Mary', England's first crowned queen in 1553 and Henry VIII's eldest daughter, should be remembered as a pioneer or a tyrant. (S)(R)(AD)

10.00 **Live at the Apollo** Emmanuel Sonubi hosts from London's Hammersmith Apollo, presenting stand-up sets by Troy Hawke and Olga Koch. (S)(R)
10.30 **Newsnight** (S)

11.05 **The Vampire Lestat: Interview with the Vampire** New episodes 3/7. Daniel's probing triggers a troubled Lestat, reminding him of his maker and a lost love, while Louis takes revenge. (S)(AD)
**11.55** 4/7. Haunted by his past, Lestat lies to Daniel and lords it over Armand, while Louis worries his waitress. (S3) (S)(AD)
■ Entire series on BBC iPlayer
12.45 AM **Sign Zone: Uncanny** (S)(R)
1.45 **to 6.15** AM **Previews** (S)

## ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
1.30 PM **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and the team visit Peterborough, where Tracey Thackery misses out on a big opportunity when she passes on a vase that goes on to do well at auction. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Angela tries to open the 22 red boxes in the right order. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Inside The Langham

7.30 **Inside The Langham: Britain's First Grand Hotel** New edition 4/6. The managing director heads to the island of Murano in northern Italy to oversee progress on the Langham Venice, the group's new jewel in the crown. (S)(AD)

8.00 **Emmerdale** Caleb is feeling frustrated, Billy and Dawn plan their escape, and Jacob is shocked. (S)(AD)
8.30 **Coronation Street** Tim and Sally reel from Richie's murder charge, while Jodie sets her sights on Kit. (S)(AD)

9.00 **Cold Case Forensics: In the Blood** Series finale 3/3. Forensic scientist Angela Gallop and her team reveal how clues in blood traces helped solve two crimes, including the killing of 10-year-old Damilola Taylor. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM The Spy Who Loved Me** James Bond adventure starring Roger Moore. British secret agent 007 joins forces with a beautiful Russian spy to thwart a megalomaniac shipping magnate who is plotting the destruction of the world as a prelude to creating a new civilisation beneath the sea. With Barbara Bach. (S)(AD) (1977, PG, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.55 AM **Teleshopping**
3.00 **The Summit** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Long Lost Family: Born Without Trace** (S)(R)(AD)

+1 hour 203 303 35 112 251

## CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 3-6/24. (S5) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New York. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** House-hunting in Los Cristianos, Tenerife. (S)(R)
4.00 **Saving Country Houses with Penelope Keith** Hidden secrets are unearthed at Staffordshire's Whitmore Hall. (S)(R)(AD)
5.00 **Chateau DIY** Chris and Jolyon convert a narrow space into a luxurious bathroom. (S)(R)(AD)
6.00 **American Pickers** New edition Mike falls for the greatest Ford pick-up he has ever seen. (S)(AD)

8.00 Dover 24/7

7.00 **News** (S)

8.00 **Dover 24/7: Britain's Busiest Port** Series finale The cargo team race to unload 3,000 tons of steel, Border Force agents uncover suspicious packages, and staff mark the port's role in the two world wars. (S)(AD)

9.00 **Celebrity Hunted** New edition Two celebrities find themselves surrounded at a country hotel, while another pair brave exposure at a hospital appointment for preventative cancer treatment. (S)(AD)
■ Entire series on C4 streaming

10.00 **Gogglebox** The households' opinions on shows from November 2025, including *Celebrity Race Across the World*, *All's Fair*, *Squid Game: The Challenge* and *Police Interceptors*. (S)(R)(AD)

11.05 **Secret Lives of Gypsy Wives** Documentary. (S)(R)(AD)
12.05 AM **Naked Attraction** (S)(R)(AD)
1.00 **Ramsay's Hotel Hell** (S)(R)(AD)
1.50 **Levison Wood: Walking with Orangutans** (S)(SL)(R)(AD)
2.45 **FILM The Kid Detective** Comedy drama starring Adam Brody. (S) (SL) (2020, 15, 100min) ★★★★
4.25 **A Place in the Sun** (S)(R)
4.55 **The Piano** (S)(SL)(R)(AD)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252



(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

## 5

105 105 105 5 105 105 5

**5.35** AM **Milkshake!**
**9.15** **Jeremy Vine** (S)
**11.30** **Storm & Alexis** (S)
**12.45** PM **News** (S)
**12.50** **Matt Allwright** (S)
**2.20** **FILM Danger Rocks the Cradle** Thriller starring Devin Cecchetto and Fallon Bowman. (S)(AD) (2022, PG, 100min) ★★
**4.00** **Castle** *Hong Kong Hustle:* 17/23. A Hong Kong detective works with Beckett and Castle on a murder case. (S7) (S)(R)
**4.55** **Love Nature** In Sunderland, Paul Rodgers shows how simple it is to make a pond. (S)(R)
**5.00** **News** (S)
**6.00** **Corfu: Jewel of the Med** Joanna Lumley narrates a profile of Corfu. (S)(R)
**6.55** **News** (S)

**9.00** The Romans

**7.00** **The Yorkshire Vet: At Home with the Greens** 3/4. Jean takes Peanut, the oldest of her 13 cats, to Peter's surgery for a routine check-up. (S)(R)
**7.55** **News** (S)

**8.00** **Inside Longleat** New edition Cameras follow a bat conservation team and a group of moth enthusiasts as they carry our their annual surveys, while Lady Bath and keeper Ian talk about the giraffes. (S)

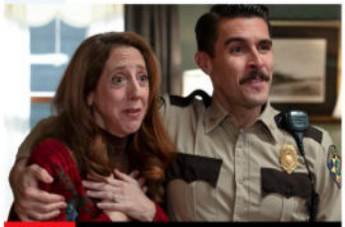
**9.00** **NEW The Romans with Rob Rinder and Ruth Goodman** Rob and Ruth delve into 122 AD, when the Emperor Hadrian made a dramatic visit to Roman Britain, a huge moment that would change the fortunes of rich and poor alike. (S)
**10.30** **The Bomb on the Boat: The Murder of Lord Mountbatten** A look at the events surrounding the killing of Louis Mountbatten in August 1979, when his boat was blown up by the IRA. (S)(R)
**12.05** AM **Serial Killer Wives** The lives of serial killers through the eyes of their partners. (S)(R)(AD)
**1.00** **Teleshopping** (S)(R)
**2.00** **GPs: Behind Closed Doors** (R)
**2.50** **Castle** As 4.00pm. (S)(R)
**3.40** **Friends** (S3) (S)(R)(AD)
**4.30** **Yorkshire with Jane McDonald** (S)(SL)(R)
**5.25** **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

## SKY ONE

106 106 109 346 361

**6.00** AM **Mornings**
**7.00** **Mornings with Ridge and Frost**
**8.00** **Stargate SG-1** (S6) (S)(R)
**10.00** **Will & Grace** (S11) (S)(R)(AD)
**11.00** **The Simpsons** (S)(R)
**12.00** NOON **Ningaloo: Australia's Ocean Wonder** (S)(R)
**1.00** PM **Hawaii Five-0** (S7) (S)(R)
**3.00** **S.W.A.T.** (S1) (S)(R)(AD)
**5.00** **The Simpsons** *Saturdays of Thunder:* Homer resolves to become a better father. (S)(R) **5.30** *Like Father, Like Clown:* Lisa and Bart help Krusty the Clown find his father. (S)(R)
**6.00** **Animal Control** 8/12. Victoria helps Patel to confront his daughter's school bully. (S)(R) **6.30** 9/12. Templeton and Frank compete for Animal Control Officer of the Year. (S4) (S)(R)



**8.00** Best Medicine

**7.00** **The Simpsons** *Flaming Moe's:* Rock band Aerosmith make Moe's their official hang-out. (S)(R) **7.30** *Burns Verkaufen der Kraftwerk:* German businessmen buy the nuclear power plant. (S)(R)

**8.00** **Best Medicine** New episode *Mind Your Own Buboes:* 11/13. Port Wenn is locked down after a patient with fleas sparks fears of a plague outbreak, and Martin must deal with the town gossip. (S1) (S)

**9.00** **Never Mind the Buzzcocks** Greg Davies hosts as guests DJ Target, Harriet Kemsley, Carl Barât and Pete Doherty join Noel Fielding, Jamali Maddix and stand-in captain Sophie Willan. (S)(R)
**10.00** **The 'Burbs** *Sardine?* 3/8. Samira uses the disappearance of a neighbour's dog as a ruse to persuade her friends to break into the Victorian so she can confirm her suspicions about Gary. (S1) (S)(R)(AD)
**11.00** **Animal Control** 8&9/12. Double bill of episodes. (S4) (S)(R)
**12.00** M'T **Grimm** 10/13. A series of brutal attacks are linked to a local nursing home. (S6) (S)(R)
**1.00** AM **The Force: Manchester** Following the work of Greater Manchester Police. (S)(R)
**2.00** **Road Wars** Officers in Reading engage in a high-speed pursuit of a stolen vehicle. (S)(R)
**3.00** **Hawaii Five-0** (S7) (S)(R)
**4.00** **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

## LOCAL VARIATIONS

### BBC1

**SCOTLAND**
Sky 964, Virgin 862, Freesat 964
**7.00-7.30pm** River City (S)(R) **12.35am** Scotcast (S)(R) **1.05** Weather for the Week Ahead (S) **1.10-6.00am** BBC News (S)

**N. IRELAND**
Sky 966, Virgin 863, Freesat 966
**10.40pm** House of the Year (S)(R) **11.10 FILM** The Boys in the Boat (S)(AD) (2023, 12, 120min) ★★★ **1.10-6.00am** BBC News (S)

**WALES**
Sky 965, Virgin 864, Freesat 965
No variations

### BBC2

**N. IRELAND**
Sky 969, Freesat 969
No variations

**WALES**
Sky 968, Freesat 968
No variations

### ITV1

No variations

### S4C

Sky 134, Virgin 164, Freesat 120
**6.00am** Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Codi Pac **12.30** Heno **1.00** Ralîo+ **1.30** Arfordir Cymru: Sir Benfro (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cefn Gwlad (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Ci Perffaith **6.30** Codi Hwyl **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Nol o'r Dibyn gyda Iolo Williams (AD) **8.55** Newyddion a'r Tywydd **9.00 NEW** Sioe Môn **10.00** Iaith ar Daith New edition **11.00pm-12.05am** Y Cosmos

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## BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

**7.00** PM **The Catch Up**
**7.05** **Spud** Comedy drama.
**7.25** **FILM Lara Croft: Tomb Raider** Fantasy adventure based on the computer games, starring Angelina Jolie and Jon Voight. (2001, 12, 100min) ★★★★
**9.00** **NEW RuPaul's Drag Race UK: Meet the Queens** RuPaul introduces the queens competing for the title.
**9.20** **FILM Bridget Jones's Diary** Romantic comedy based on the best-selling novel by Helen Fielding, starring Renée Zellweger. (2001, 15, 96min) ★★★★
**10.55** **FILM Bridget Jones: The Edge of Reason** Romantic comedy sequel starring Renée Zellweger. (2004, 15, 108min) ★★★
**12.35** AM **Matthew Perry and the Ketamine Queen**
**1.35** **Stacey Dooley: Ready for War?**
**2.35** **My Mate's a Bad Date**
**2.55** **to 3.55** AM **Stacey Dooley: Blood, Sweat and T-Shirts**

## MORE4

136/137 127 147 18 124 15

**8.55** AM **Find It, Fix It, Flog It**
**10.00** **Four in a Bed**
**12.40** PM **Come Dine with Me** Five editions of the culinary contest from Devon.
**3.20** **Four in a Bed** Five editions of the B&B challenge.
**5.50** **Car S.O.S** Fuzz Townshend and Tim Shaw travel to Essex to pick up a real 1970s supercar – a Lotus Esprit S1.
**6.50** **Car S.O.S** Tim and Fuzz take on a 1973 saloon that has been abandoned for decades in a dusty barn.
**7.55** **Grand Designs** After a four-year stint living in New Zealand, an intrepid pair want to build a Kiwi-style hill house on the slopes of the Malvern hills in Worcestershire.
**9.00** **Oti and Richard's South African Odyssey** Series finale 4/4. Oti and Richard's journey concludes in the Eastern Cape, where they have an encounter with a herd of elephants, explore the unique plant kingdom and throw themselves into Xhosa culture.
**10.00** **24 Hours in A&E** A 51-year-old man is airlifted to St George's after falling 20ft from a ladder while repairing his roof.
**11.05** **24 Hours in A&E**
**12.05** AM **999: On the Front Line**
**1.10** **24 Hours in A&E**
**3.20** **to 3.45** AM **A Place in the Sun**

+1 hour 236/237 347 125

## BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

**7.00** PM **The Architecture the Railways Built** Tim Dunn visits the Ffestiniog railway in north Wales.
**7.40** **The Flying Gardener** From Dumfries and Galloway.
**7.55** **To the Manor Born** Audrey leaves Grantleigh Manor.
**8.30** **Keeping Up Appearances** Hyacinth plans to turn Richard into an executive.
**9.00** **Ardal O'Hanlon: Tomb Raider** The actor explores some of the most important archaeological finds in Ireland's history, answering questions about the Celts, and what it means to be Irish.
**10.00** **Kamikaze: An Untold History** Japanese and US veterans reflect on the impact of the suicide missions during World War Two.
**11.30** **The Sky at Night**
**12.00** M'T **Horizon: The Wildest Weather in the Universe**
**1.00** AM **Beautiful Equations**
**2.00** **The Flying Gardener**
**2.15** **to 3.15** AM **Ardal O'Hanlon: Tomb Raider**

## E4

135/136 126 106 13 122 13

**6.00** AM **Hollyoaks**
**6.55** **Rude(ish) Tube Shorts**
**7.00** **Couples Come Dine with Me** From Warwickshire.
**8.00** **Ramsay's Kitchen Nightmares USA**
**10.00** **America's Funniest Home Videos** Snow fails.
**11.00** **Below Deck: Mediterranean**
**12.00** NOON **The Simpsons**
**2.00** PM **Brooklyn Nine-Nine**
**3.00** **Modern Family**
**5.00** **The Simpsons** Triple bill.
**6.30** **Hollyoaks** Leah and Imran plan their wedding. **7.00** While Abigail is smitten, Cleo makes a big decision.
**7.30** **The Simpsons** *Lisa's Rival:* Lisa grows jealous of a new girl in town. With the guest voice of Winona Ryder.
**8.00** **Vanderpump Rules** New edition Lisa celebrates the 20th anniversary of SUR.
**9.00** **Below Deck Down Under** New edition The crew's boundaries are tested.
**10.00** **First Dates: Valentine's** Two singletons in the wedding industry look for love.
**11.05** **Gogglebox**
**1.10** AM **Vanderpump Rules**
**2.10** **Below Deck Down Under**
**3.00** **Ramsay's Kitchen Nightmares USA**
**3.50** **The Simpsons**
**4.15** **The Goldbergs**
**5.05** **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Tuesday primetime

Tuesday primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

# TUESDAY Entertainment

Tuesday

## Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Send in the Dogs**
9.00 **Brit Cops: Law & Disorder**
10.00 **Stop, Search, Seize**
11.00 **Bull** 22/22. (S6)
12.00 NOON **FBI** 16&17/19. (S2)
2.00 PM **The Rookie** 10/22. Nyla and James are caught in the middle of a bank robbery. (S5)
3.00 **Law & Order: Criminal Intent** 10/16. Stevens thinks an innocent man may have been sent to the electric chair. (S9)
4.00 **Nothing to Declare**

9.00 The Rookie

## Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town**
8.00 **Billions** 3&4/12. (S5)
10.15 **House of the Dragon** (S1)
12.35 PM **Homicide: Life on the Street** Double bill. (S4&5)
2.30 **Billions** 3/12. Axe has to deal with a family crisis.
**3.35** 4/12. It is time for Chuck to step into a new role. (S5)
4.40 **The Last of Us** 5/9. Joel and Ellie encounter the most wanted man in Kansas City.
**5.45** 6/9. Joel and Ellie descend deeper into dangerous territory. (S1)

10.00 Gomorrah: The Origins

## ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.20 **Real Housewives of Salt Lake City** Reality series.
8.20 **Real Housewives of Orange...**
9.15 **The Only Way Is Essex**
10.15 **Dawson's Creek** 7/13. (S1)
11.10 **Charmed** 7/22. (S1)
12.10 PM **Deal or No Deal**
1.10 **Supermarket Sweep**
2.10 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Potomac**
5.00 **Real Housewives of Orange County** Reality series.
5.55 **Celebrity Catchphrase**

9.00 The Price of Perfection

## ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Agatha Christie's Poirot**
11.30 **Heartbeat** Double bill.
1.35 PM **Midsomer Murders** *Dressed to Kill:* A dominoes player is found dead after some friction in the town.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *A Dog's Life:* A jealous husband disrupts the prestigious sheepdog trials taking place at Ashfordly Hall.

8.00 Vera

## ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Robin of Sherwood**
9.10 **Boon**
10.20 **The Professionals**
11.25 **Robin of Sherwood**
12.30 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.45 **Boon**
4.50 **The Professionals** *Stake Out:* Bodie and Doyle try to defuse an atom bomb.
5.50 **Minder** *You Need Hands:* Terry injures his hand, and Arthur's stand-in sidekick gets him mixed up in a heroin deal.

7.00 The Motorbike Show

### 7 PM

**7.00 Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

**6.50 House of the Dragon** *Heirs of the Dragon:* 1/10. King Viserys Targaryen celebrates the impending birth of his second child.

**7.00 The Floor** Rob Brydon hosts a game show in which contestants take part in a battle of nerve, knowledge and strategy.

**6.55 Heartbeat** *Where There's Muck:* Local farmer Richard Harvey reaches the end of his tether, and an armed robber strikes.

**7.00 The Motorbike Show** Henry Cole goes back to his roots as a dispatch rider in London, and buys a couple of bikes.

### 8 PM

**8.00 Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

**8.00 House of the Dragon** *The Rogue Prince:* 2/10. Viserys is urged to secure the succession through a new marriage. (S1)

**8.00 The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

**8.00 Vera** *The Moth Catcher:* DCI Vera Stanhope investigates a murder at a remote country house, but no sooner does she arrive, than a second body is discovered and a connection emerges between the victims.

**8.00 King of the Roads** County Antrim in Northern Ireland hosts the Armoy Race of Legends, round seven of the campaign.

### 9 PM

**9.00 The Rookie** *Double Down:* 1/22. Bradford and Chen go undercover to snare the leaders of a criminal enterprise. (S5)

**9.00 Gomorrah: The Origins** New episode 5/6. Pietro and Imma attempt to come to terms with what happened the night before.

**9.00 Olivia Attwood: The Price of Perfection** New edition 2/6. Olivia spends time in the world's cut-price surgery capital.

**9.00 Ice Road Truckers** Alex Debogorski delivers vital food supplies to the remote outpost of Tadoule Lake in Manitoba.

### 10 PM

**10.00 Blue Bloods** *Fake it 'till You Make It:* 10/21. Jamie and his new intel team officer infiltrate a hi-tech car smuggling ring. (S13)
11.00 **The Rookie** 6/22. (S5)
12.00 M'T **FBI** 9&10/19. (S2)
2.00 AM **Fire Country** New episode 7/20. (S4)
3.00 **FBI: Most Wanted** 2/22. (S3)
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Border Security: Canada's Front Line**

+1 hour 207 310

**10.00 Gomorrah: The Origins** Series finale 6/6. Angelo suffers a devastating blow. Subtitled. (S1)
■ Entire series on Box Sets
11.00 **House of the Dragon** 1/8. Rhaenyra positions herself to take King's Landing.
**12.15** AM 2/8. (S3)
1.30 **Billions** 3&4/12. (S5)
3.45 **The Guest Wing**
4.35 **Sort Of** (S3)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

**10.00 Family Guy** 8/21. Brian accidentally kills a dog.
**10.30** 1/21. Brian and Stewie visit some alternative realities. (S8)
11.05 **Family Guy** 2/21. Lois goes to see a doctor, who informs her that she is Jewish. (S8)
11.35 **American Dad!** (S4&16)
12.35 AM **Bob's Burgers** (S13)
1.30 **Plebs** 3/8. (S3)
1.55 **Deep Fake Neighbour Wars**
2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

**10.00 Grantchester** 3/8. Geordie and new vicar Alphy Kottaram get off on the wrong foot. (S9)
11.00 **Grantchester** 4/8. A body is found in the basement of a country manor. (S9)
11.50 **Trial & Retribution** 8/10. The team search for the missing nanny. (S10)
1.20 AM **Agatha Christie's Poirot**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

**10.00 Wrestling: AEW Collision** Hard-hitting action, featuring stars including FTR, Thunder Rosa and Jon Moxley.
12.00 M'T **Dark Side of the Ring** A look at the controversial career of New Jack, revealing the man behind the monster and his hardcore legacy.
12.55 AM **The Professionals**
1.55 **BattleBots**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

## BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **My Kind of Town** Ian Hamilton heads to the Fife town of Cupar.
8.00 **This Farming Life** 1/12. The autumn sales are over and preparations are being made for winter.
9.00 NEW SERIES **Murder Trial: Death of a Dog Walker** 1/2. Former gamekeeper David Campbell stands accused of the premeditated murder of Brian Low, a 65-year-old groundsman on the same estate where they both worked.
10.00 **David Wilson's Crime Files** 7/10. A look at the use of forensic science in crime detection.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Icons of Football** A profile of Henrik Larsson.

## Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S3)
9.00 **Sort Of** 7&8/8. (S3)
10.00 **Upright** 1&2/8. (S2)
11.20 **Will & Grace** (S7)
12.20 PM **The Comeback** (S3)
1.40 **Upright** 1&2/8. (S2)
3.00 **Will & Grace** (S6)
4.00 **The Office Movers** (S1)
5.00 **Community** (S1)
6.00 **Will & Grace** (S7)
7.00 **The Office (US)** (S5)
8.00 **The Office Movers** 3&4/6. Double bill. (S1)
9.00 FILM **Logan Lucky** Steven Soderberg's crime caper starring Channing Tatum and Adam Driver. Two brothers attempt to pull off a heist during a NASCAR race in North Carolina. With Daniel Craig and Riley Keough. (2017, 12, 114min) ★★★★
11.15 **The Reluctant Landlord**
12.15 AM **The Office Movers**
1.15 **The Comeback** (S3)
2.25 **Community** (S1)
3.25 **Upright** 5/8. (S2)
4.00 **to 5.00** AM **Sort Of**

## Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **A Swan Lake**
7.55 **Artist of the Year: Masterclass**
8.55 **Tales of the Unexpected**
9.55 **Hitchcock Presents**
11.00 **Discovering:**
12.00 NOON **The Art of Film**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **The Eighties**
4.00 **Discovering**
5.00 **Portrait Artist 2022**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **The World in a Painting: Ingres' Diamond**
9.15 **Art Traffickers: Treasures Stolen from the Tombs**
10.15 **Wonderland: Gothic**
11.15 **The Movies**
12.15 AM **Peter O'Toole: Along the Sky Road to Aqaba** Documentary.
2.15 **The V&A Presents Alice: Curiouser and Curiouser**
4.05 **Sky Arts Book Club**
5.00 **to 6.00** AM **The Art of...**

## Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 2/26. (S6)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** *Ensign Ro:* 3/26. Picard attempts to track down a Bajoran terrorist leader. (S5)
8.00 **Police 24/7**
9.00 **Caught on Dashcam**
11.00 **Grimm** 2/22. (S1)
12.00 M'T **Fantasy Island** (S2)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

## ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Five quizzing friends take part.
3.00 **Who Wants to Be a Millionaire?** Big-money quiz show.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Wheel of Fortune** Graham Norton hosts as a novelty shop owner, a former GP and a learning and development trainer take part.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.40 **to 3.00** AM **Unwind**

## 4seven

137/138 163 143 49 127 16

9.00 AM **American Pickers**
10.00 **Find It, Fix It, Flog It**
11.00 **Saving Country Houses with Penelope Keith**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Grand Designs** A recently widowed 82-year-old sets out to build an accessible, ultra-sustainable home.
8.00 **The Dog House** Adopted sisters Niamh and Holly consider adopting lurcher Skye.
9.00 **Gogglebox** Compilation of memorable clips.
10.00 **Secret Lives of Gypsy Wives** Trewley clashes with her older sisters over a night out.
11.00 **Surgery Secrets of the Super Rich**
12.05 AM **Celebrity Hunted**
2.05 **Gogglebox**
3.10 **Naked Attraction**
4.05 **to 5.05** AM **Big Fat Quiz: Best Bits**



★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

## Sky Sci-Fi

145 114/115 140 348 363

**6.00** AM **Most Haunted**
**8.00** **Teleshopping**
**11.00** **Star Trek: Enterprise** (S3)
**12.00** NOON **Star Trek: Voyager**
**1.00** PM **Stargate Atlantis** (S4)
**2.00** **Warehouse 13** 4&5/20. (S4)
**4.00** **Stargate SG-1** 5/20. (S8)
**5.00** **Star Trek: Voyager** 21/26. The crew are impersonated by a gang of con artists. (S6)
**6.00** **Star Trek: Enterprise** 18/24. Archer decides to pilot the *Insectoid* shuttle on a suicide mission to destroy the Xindi superweapon. (S3)

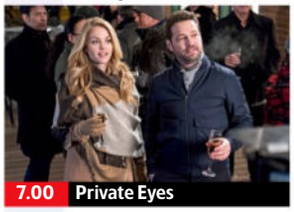
**11.00** The Walking Dead

**7.00** **Stargate Atlantis** *This Mortal Coil:* 10/20. Part one of two. A mysterious probe crashes into the city-ship. (S4)
**8.00** **Stargate SG-1** *Icon:* 5/20. The Rand Protectorate and the Caledonian Federation are drawn into a civil war. (S8)
**9.00** **Resident Alien** *Escape from New York:* 7/16. As danger closes in, Harry and Asta find what they are looking for. (S2)
**10.00** **Grimm** *Oh Captain, My Captain:* 3/13. Nick devises a plan to take Renard out of his element. (S6)
**11.00** **The Walking Dead** 15/16. One of Alexandria's survivors faces a heartbreaking dilemma. (S7)
**12.00** M'T **Resident Alien** 6/16. Harry travels to New York looking for one of his people, but things go wrong. (S2)
**1.00** AM **Warehouse 13** (S4)
**3.00** **The Walking Dead** (S7)
**4.00** **to 6.00** AM **Most Haunted**

## U&Alibi

109/110 120/130 114 343 358

**7.10** AM **Murdoch Mysteries** (S8)
**9.00** **Shakespeare & Hathaway: Private Investigators** (S3)
**10.00** **The Mentalist** 18/22. (S5)
**11.00** **Hudson & Rex** As 5.00pm.
**12.00** NOON **Body of Proof** (S1)
**1.00** PM **Death in Paradise** (S12)
**2.00** **Murdoch Mysteries** (S8)
**4.00** **The Mentalist** 18/22. (S5)
**5.00** **Hudson & Rex** 15/16. Charlie and Rex must protect a prominent political figure. (S6)
**6.00** **Body of Proof** 9/9. A terminally ill socialite's death is thought to be suicide. (S1)


**7.00** Private Eyes

**7.00** **Private Eyes** *Getaway with Murder:* 12/18. Shade and Angie investigate a suspected case of infidelity. (S2)
**8.00** **Death in Paradise** *Sins of the Detective – Part Two:* 7/8. Neville is arrested on suspicion of killing David Cartwright. (S12)
**9.00** **Death in Paradise** *Murder on the Honore Express:* 1/8. A passenger is stabbed on the bus to Honore – but no one else saw it happen. (S8)
**10.20** **Father Brown** *The Horns of Cernunnos:* A young woman is plagued by otherworldly visions.
**11.20** **Private Eyes** As 7.00pm.
**12.20** AM **Shakespeare & Hathaway: Private Investigators** 2/10. A rock star believes that the Devil is trying to kill him. (S3)
**1.20** **Death in Paradise** (S12)
**2.20** **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

## U&Gold

110/111 121/131 124 344 359

**7.10** AM **Highlights**
**9.15** **The Green Green Grass**
**9.55** **Are You Being Served?**
**10.30** **Last of the Summer Wine**
**11.50** **Dad** Sitcom.
**12.30** PM **Only Fools and Horses**
**1.10** **Keeping Up Appearances**
**1.50** **Dad's Army**
**2.25** **The Green Green Grass**
**3.05** **Are You Being Served?**
**3.45** **Dad** Sitcom.
**4.25** **Dad's Army**
**5.00** **Last of the Summer Wine**
**6.20** **Keeping Up Appearances**

**9.00** Magical Sitcom Tour

**7.00** **Porridge** Fletcher thinks Godber would be better off cheating if he wants to pass another O-level.
**7.40** **Dad's Army** An enemy aircraft ditches in a nearby reservoir.
**8.20** **Are You Being Served?** Grace Brothers is forced to lay off staff members.
**9.00** **Joe & David's Magical Sitcom Tour** New edition 2/3. Joe turns David's love of *Fawlty Towers* into the trip of a lifetime.
**10.00** **Fawlty Towers** Basil holds a gourmet night.
**10.40** **Not Going Out** Lee wins £1,000 for writing an essay about disability.
**11.20** **Mrs Brown's Boys**
**12.00** M'T **Fawlty Towers**
**12.40** AM **Not Going Out**
**1.20** **Mrs Brown's Boys**
**2.00** **Don't Wait Up**
**2.35** **Dad** Sitcom.
**3.15** **to 4.00** AM **The Green Green Grass**

+1 hour 210/211 324

## U&Dave

111/112 130/132 127 19 157 19

**7.25** AM **Top Gear**
**8.20** **Border Force: America's Gatekeepers** Double bill.
**10.20** **Rick Stein's Cornwall**
**11.20** **Yukon Gold** Documentary.
**12.15** PM **Top Gear** Double bill.
**2.20** **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
**3.00** **Man and Beast with Martin Clunes** 2/2. A visit to Tokyo.
**4.00** **Hairy Bikers' Best of British**
**5.00** **Rick Stein's Cornwall** Four editions, including at: **6.30** The chef heads into the county's china clay pits.

**7.40** Would I Lie to You?

**7.00** **Mortimer & Whitehouse: Gone Fishing** Fishing for salmon in the River Tweed.
**7.40** **Would I Lie to You?** With Micky Flanagan, Fiona Bruce, Steve Jones and Claudia Winkleman. **8.20** With Bruno Tonioli, Adam Buxton, Kirsty Wark and Rob Beckett.
**9.00** **Have I Got a Bit More News for You** Alexander Armstrong hosts the satirical quiz, with Steph McGovern and Phil Wang.
**10.00** **QI XL** Jo Brand, Colin Lane, David Mitchell and Alan Davies attempt to answer Stephen Fry's questions on landmarks.
**11.00** **Taskmaster**
**12.00** M'T **Mock the Week**
**12.40** AM **Would I Lie to You?**
**2.00** **QI XL** With Joe Lycett.
**3.05** **Richard Osman's House of Games** With Milton Jones.
**3.35** **to 4.00** AM **Parks and Recreation**

+1 hour 211/212 327 74 259

## U&Drama

143 132/134 116 20 158 20

**7.20** AM **The Bill**
**8.15** **Doctors**
**9.30** **Classic Holby City**
**10.50** **Casualty**
**11.50** **The Bill**
**12.50** PM **Classic EastEnders**
**2.00** **Neighbours**
**3.00** **Whitstable Pearl** An investigation into a retired policeman's murder during a Civil War re-enactment proves highly complicated.
**4.05** **Lovejoy**
**5.20** **As Time Goes By**
**6.00** **Last of the Summer Wine**

**3.00** Whitstable Pearl

**7.20** **Last of the Summer Wine** Sid attempts to install a doorbell in his cafe, so Compo, Clegg and Foggy try to assist.
**8.00** **'Allo 'Allo!** Helga tells Von Strohm that the stolen money was forged. **8.40** Herr Flick arrests Leclerc, and Edith is in a romantic mood. **9.20** Rene becomes embroiled in another plot proposed by Michelle and the Resistance.
**10.00** **New Tricks** *It Smells of Books:* Brian and the team investigate the death of a professor who perished after falling off the roof of his college.
**11.20** **Luther** 1/4. The detective returns to work following his ex-wife's murder and must hunt for a masked killer. (S2)
**12.35** AM **Lovejoy**
**1.45** **Sister Boniface Mysteries**
**2.35** **to 4.00** AM **Hotel Portofino**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

Tuesday

## 5USA

141/169 129 120/162 21 129 29

**9.00** AM **Entertainment News**
**9.10** **NCIS** 4-6/23. (S1)
**12.00** NOON **Law & Order**
**6.00** PM **NCIS** *Dead Man Talking:* 19/23. An agent is found murdered. **7.00** *Missing:* 20/23. A Marine is kidnapped. **8.00** *Split Decision:* 21/23. The remains of a US Marine are found impaled on a tree. (S1)
**9.00** **Law & Order: Special Victims Unit** *Economics of Shame:* 5/22. When a TV reporter becomes the victim of sextortion that could ruin her career, Benson attempts to help her take back some control. (S26) **10.00** *Contrapasso:* 3/24. A man is castrated and left for dead. (S19)
**11.00** **Law & Order: Special Victims Unit** (S19&18)
**2.00** **to 3.50** AM **Beauty and the Beast**

+1 hr 241/269 320/362 130

## 5STAR

128/129 128 126 32 131 25

**8.00** AM **Bargain-Loving Brits in the Sun**
**10.00** **Nightmare Tenants, Slum Landlords**
**11.00** **Traffic Cops** Triple bill.
**2.00** PM **Police Interceptors**
**5.00** **Shoplifters: Caught Red Handed**
**6.00** **Home and Away**
**7.00** **GPs: Behind Closed Doors** Medical series.
**8.00** **Casualty 24/7: Every Second Counts**
**9.00** **999: Killer on the Line** A look at the case of Darren Byrne, a former city trader who killed his wife then tried to burn down the family home.
**10.00** **999: Critical Condition**
**11.00** **Skin A&E**
**12.00** M'T **Surgeons: A Matter of Life or Death**
**1.00** AM **Cold Case Killers**
**2.00** **Casualty 24/7: Every Second Counts**
**2.45** **Skin A&E**
**3.35** **to 4.00** AM **Friends**

+1 hour 228/229 326 140

## 5Action

150 165 130 33 132 26

**9.00** AM **Trucking Hell**
**10.00** **Police Interceptors**
**10.55** **Gunsmoke** (S12)
**12.00** NOON **FILM The Jayhawkers!** Western. (1959, PG, 100min) ★★★
**2.05** PM **FILM Night of the Grizzly** Western. (1966, PG, 102min) ★★
**4.00** **Highway Thru Hell**
**5.00** **Motorway Cops: Catching Britain's Speeders** Documentary.
**6.00** **Police Interceptors**
**8.00** **Motorway Cops: Catching Britain's Speeders** Documentary.
**9.00** **Police Interceptors**
**10.00** **Fare Dodgers: At War with the Law**
**11.00** **The X-Files** 16/20. (S5)
**12.00** M'T **Walker** New episode 2/18. Cordell Walker attempts to reconnect with his family. (S1)
**1.00** AM **Outback Truckers**
**2.00** **Trucking Heavy**
**3.50** **to 4.00** AM **Entertainment News**

## U&W

132/133 131/133 125 25 156 28

**6.15** AM **Property Brothers at Home: Drew's Honeymoon House**
**7.00** **Tipping Point** Triple bill.
**10.00** **DIY SOS: EastEnders Special** From Harlow.
**11.00** **DIY SOS: The Big Build**
**1.00** PM **Tipping Point**
**4.00** **Property Brothers at Home: Drew's Honeymoon House**
**5.00** **DIY SOS: EastEnders Special** From Harlow.
**6.00** **DIY SOS: The Big Build**
**7.00** **MasterChef Australia** New edition Five cooks face off in a Pressure Test set by Maggie Beer.
**8.10** **Pete Wicks: For Dogs' Sake**
**9.10** **Dahmer on Dahmer: A Serial Killer Speaks**
**11.10** **First Responders**
**1.10** AM **Inside the Ambulance**
**1.45** **to 3.00** AM **Sort Your Life Out with Stacey Solomon**

+1 hour 232/233 325

## U&Yesterday

155 133/161 129 27 159 27

**6.10** AM **Abandoned Engineering** Double bill.
**8.00** **Bangers & Cash: Restoring Classics**
**10.00** **Secret Nazi Bases**
**11.00** **Hitler's Countdown to War** Documentary.
**12.00** NOON **Antiques Roadshow** Double bill.
**2.00** PM **Bangers & Cash**
**4.00** **Secret Nazi Bases**
**5.00** **Hitler's Countdown to War** Documentary.
**6.00** **Antiques Roadshow** Fiona Bruce and the team travel to Norwich.
**7.00** **A Perfect Planet** Examining the solar force that powers Earth.
**8.00** **Bangers & Cash: Restoring Classics** The team fall for a Subaru.
**9.00** **Bangers & Cash**
**12.00** M'T **Bangers & Cash: Restoring Classics**
**1.00** AM **Find It, Fix It, Flog It**
**2.00** **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

## Really

142 153 165 44 149 40

**6.00** AM **Celebrity Fantasy Homes** Kelly Hoppen.
**7.00** **Teleshopping**
**8.00** **Escape to the Country**
**9.00** **Salvage Hunters**
**12.00** NOON **Celebrity Yorkshire Auction House** Double bill.
**2.00** PM **The Repair Shop**
**3.00** **Salvage Hunters**
**5.00** **Who Do You Think You Are?** With Pixie Lott.
**6.00** **The Repair Shop**
**7.00** **The Yorkshire Auction House** Angus Ashworth is excited about clearing out a historic property.
**8.00** **Antiques Road Trip** Tim Medhurst and Hettie Jago's trip takes them to the woods of Surrey.
**9.00** **Who Do You Think You Are?** Double bill.
**11.00** **Help! My House Is Haunted** Triple bill.
**2.00** AM **Teleshopping**
**4.00** **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

# TUESDAY Entertainment

Tuesday

## Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S6)
9.00 **Bramwell** 2/7. (S1)
10.00 **The Irish RM** 2/6. (S1)
11.00 **Little House on the Prairie** 19&20/22. (S2)
1.00 PM **The Waltons** (S6)
4.00 **Little House on the Prairie** 19&20/22. (S2)
6.00 **The Irish RM** 2/6. (S1)
7.00 **M*A*S*H** 16/16. The atmosphere is frantic as casualties flood in to the station during the last days of the war. (S11)
9.30 **Brush Strokes** Sandra is leaving the company. **10.10** Lesley's job is not working out, and Lionel cannot resist interfering. **10.50** Jacko's friends and workmates are about to spring some surprises on him.
11.30 **Robin's Nest** (S3)
12.30 AM **M*A*S*H** (S11)
2.00 **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

## Great! Action

318 317 426 42 33

9.00 AM **Wanted: Dead or Alive** 3/32. (S2)
9.30 **Murder Maps**
10.30 **FILM Abilene Town** Western starring Randolph Scott. (1946, b/w, 15, 91min) ★★
12.45 PM **The Unit** (S2)
1.45 **Burn Notice** (S3)
3.45 **FILM The Ice Road** Action thriller starring Liam Neeson. (2021, 12, 108min) ★★★
6.00 **The Unit** 4/23. (S2)
7.00 **Burn Notice** (S3)
9.00 **FILM The Expatriate** Thriller starring Aaron Eckhart, Olga Kurylenko and Liana Liberato. (2012, 15, 100min) ★★
11.15 **The Avengers** (S5)
12.15 AM **The New Avengers**
1.15 **The Persuaders!** (S1)
2.15 **FILM Jetstream** Disaster movie. (2012, 12, 88min) ★★
4.00 **Coast Guard Alaska**
4.45 **to 6.00** AM **Air Rescue**

+1 hour 319

## Great! Mystery

320 318 425 50 48

8.10 AM **FILM Nelly Knows: All Manner of Murder** Crime mystery. (2025, PG, 90min) ★★
10.10 **Hailey Dean Mysteries**
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S4)
2.00 **Castle** 20/23. (S4)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 21/23. (S4)
8.00 **Unforgettable** (S4)
9.00 **In Plain Sight** (S4)
10.00 **Hailey Dean Mysteries** *A Prescription for Murder:* Hailey helps the police when the CEO of a hospital dies.
11.50 **FILM Martha's Vineyard Mysteries: A Beautiful Place to Die** Drama. (2020, PG, 84min) ★★
1.45 AM **FILM Final Verdict** Crime drama. (2009, PG, 100min) ★★
3.25 **to 5.00** AM **FILM Born and Missing** Thriller. (2017, PG, 90min) ★★

+1 hour 321

## Great! Romance

322 319 424 52 47

8.15 AM **FILM Love By Design** Drama. (2023, PG) ★★
10.10 **FILM Stepping into Love** Drama. (2023, PG) ★★
12.05 PM **FILM Matching Hearts** Romantic drama. (2020, PG, 100min) ★★
2.00 **FILM With Love, Your Sweetly Salted** Drama. (2023, U, 91min) ★★
4.00 **FILM Cupids on Beacon Street** Comedy. (2021, U, 90min) ★★
6.00 **FILM Sealed with a Kiss** Drama. (2015, PG) ★★
7.55 **FILM Love Takes Flight** Romantic drama. (2019, PG, 87min) ★★
9.55 **FILM The Engagement Plot** Romantic comedy. (2022, PG, 87min) ★★
11.55 **FILM A Country Romance** Drama. (2021, PG, 83min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM With Love, Your Sweetly Salted** As 2.00pm.

+1 hour 323

## Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** In Southampton.
1.00 PM **My Floating Home**
2.00 **The Two Ronnies in Australia** Sketch show.
3.00 **Garden Rescue**
4.00 **Rick Stein's Food Stories**
4.45 **This Farming Life**
6.00 **The Two Ronnies in Australia** Sketch show.
7.00 **Love Your Garden**
8.00 **Garden Rescue** A family garden inspired by holidays in Greece.
9.00 **FILM Futtock's End** Silent comedy starring Ronnie Barker. (1970, 12, 47min) ★★
10.00 **FILM Hussy** Drama. (1979, 18, 94min) ★★
12.00 M'T **FILM Come Play with Me** Adult comedy. (1977, 18, 90min) ★★
2.00 AM **The Two Ronnies in Australia** Sketch show.
3.00 **Love Your Garden**
4.00 **to 5.00** AM **My Floating Home**

## Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge** (S1)
10.30 **The Upper Hand** (S1)
11.00 **The Fenn Street Gang**
11.30 **Mother's Ruin** (S1)
12.00 NOON **Man in a Suitcase**
1.00 PM **Two's Company**
1.30 **Agony** 2/6. (S1)
2.00 **Second Thoughts** (S3)
2.30 **The Fenn Street Gang**
3.00 **Mother's Ruin**
3.30 **Randall and Hopkirk...**
4.30 **Old Country** (S2)
5.00 **Stereo Underground**
6.00 **Danger Man** (S1)
6.30 **The Upper Hand** (S1)
7.00 **Doctor in Charge** (S1)
7.30 **Man in a Suitcase**
8.30 **Randall and Hopkirk (Deceased)** 8/26. (S1)
9.30 **The New Statesman**
10.00 **FILM Come Play with Me** (1977, 18) ★★
12.00 M'T **FILM Sex with the Stars** (1980, 18) ★
1.50 AM **Stereo Underground**
2.50 **to 6.00** AM **Highlights**

## DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **Unexplained and Unexplored**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters** The Mahoneys look for gold in one of the world's most remote regions. **8.00** The Scrappers continue to struggle with broken machines.
9.00 **Gold Divers** Chris McCully challenges Mr Gold's dominance. **10.00** A crew mistake leaves Kris behind again.
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

## Food Network

144 152 168 43 148 39

6.00 AM **James Martin's Spanish Adventure**
7.00 **Hairy Bikers Go West**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Money Saving Meals** Double bill.
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go West**
4.00 **Jamie's Money Saving Meals** Double bill.
5.00 **The Pioneer Woman**
6.00 **James Martin's Islands to Highlands**
7.00 **Great British Bake Off**
9.00 **Jamie Cooks Italy**
10.00 **NEW SERIES Chopped Castaways** Twelve chefs create three-course meals without electricity.
11.30 **Diners, Drive-Ins and Dives** Triple bill.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

## Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 7/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 1/22. (S3)
11.00 **FILM Meteor Moon** Sci-fi action adventure. (2020, PG, 80min) ★★
1.00 PM **FILM Gunsmoke: Last Apache** Western. (1990, PG, 90min) ★★
3.00 **FILM Blood River** Western adventure. (1991, PG, 88min) ★★
5.00 **Star Trek** 14/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 2/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM The Last Stand** Action thriller. (2012, 15, 107min) ★★★
11.10 **FILM Kickboxer** Thriller. (1989, 18, 105min) ★
1.10 AM **FILM Kickboxer: Retaliation** Thriller. (2018, 15, 110min) ★★
3.15 **to 5.00** AM **FILM The Lawnmower Man 2: Beyond Cyberspace** Thriller. (1995, 12) ★

## Legend Xtra

316 316 171 69 138 51

9.00 AM **FILM Bermuda Tentacles** Sci-fi thriller. (2014, 12, 86min) ★★
11.00 **Andromeda** 16/22. (S4)
12.00 NOON **FILM Boot Hill** Comedy western. (1969, PG, 91min) ★★
2.00 PM **FILM Tornado Warning** Sci-fi thriller. (2012, PG, 90min) ★★
4.00 **Walker, Texas Ranger**
5.00 **Jules Verne's Mysterious Island**
7.00 **Andromeda** 17/22. (S4)
8.00 **The A-Team** 11/25. (S3)
9.00 **FILM The Last Son** Western starring Sam Worthington, Colson Baker and Thomas Jane. (2021, 15, 96min) ★★
11.05 **FILM Year of the Gun** Crime thriller starring Andrew McCarthy. (1991, 15, 111min) ★★
1.25 AM **FILM The Last Son**
3.20 **Jules Verne's Mysterious Island**
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

## Blaze

156 169 174 64 161 41

6.00 AM **Storage Hunters**
9.20 **Storage Wars**
1.05 PM **Storage Wars Canada** Ten editions.
6.00 **Storage Wars**
7.00 **Dickinson's Real Deal** Valuing antiques in Burton-upon-Trent. **8.00** David heads to Congleton, Cheshire.
9.00 **Death Coast** A shipwreck search leads the team into uncharted territory. **10.00** Jeff and the team move further beyond the breakers in search of the *Neptune*.
11.00 **Mega Disasters** The biblical story of Noah.
12.00 M'T **History's Most Shocking** Footage of a mid-air plane collision avoided by skydivers.
1.00 AM **Mission Unexplained**
2.00 **Court Cam** Double bill.
3.00 **Storage Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

## 5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
11.00 **Ben Fogle: New Lives in the Wild** Georgia, USA.
11.55 **All Creatures Great and Small** (S5)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.35 **Around the World by Train with Tony Robinson** Travel series.
5.00 **Dorset: Country and Coast** From Weymouth.
6.00 **Great British Ships**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Michael Portillo in Stockholm** Michael enjoys a cocktail at an ice bar, where he also sculpts a fish from ice.
10.00 **Into Dinosaur Valley with Dan Snow**
11.25 **Prisoner: Cell Block H**
1.25 AM **Murder, She Wrote**
3.25 **Around the World by Train with Tony Robinson** From Mexico.
3.50 **to 4.00** AM **Entertainment News**

## Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Celebrity Antiques Road Trip** With Chris Hollins.
12.15 PM **Lily Savage's Blankety Blank**
1.00 **Classic Who Wants to Be a Millionaire?**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **All Star Family Fortunes**
4.45 **Celebrity Antiques Road Trip** With Britt Ekland.
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** Ronni Ancona, Joel Dommett, Adam Gemili and Dave Johns compete for charity.
8.00 **Beat the Chasers**
9.00 **The Chase** Quiz show.
10.00 **The Chase Celebrity Special** Quiz show.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

## TLC

133/134 139 113/128 12 144 17

7.00 AM **The Middle**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **The Middle**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.30** 9/24. Sheldon and Howard squabble over ownership of a university parking space. (S6)
9.00 **The Bad Skin Clinic** Dr Emma helps a man with a huge, solid lump on his inner thigh. **10.00** Libby's mum is worried about her rash, and baby Emerick has severe eczema.
11.00 **Dr Pimple Popper**
12.00 M'T **The Middle**
1.30 AM **Dr Pimple Popper**
2.30 **My 600lb Life**
4.30 **Say Yes to the Dress: UK** Reality series.
5.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

## Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **Everybody Loves Raymond** 5-8/25. (S7)
11.00 **The Upper Hand**
1.00 PM **Friends** (S1)
7.00 **Friends** 21/24. Ross's pet monkey hits puberty. **7.30** 22/24. Monica dates a high-school senior. **8.00** 23/24. Carol finally gives birth. (S1) **8.30** 24/24. Ross's true feelings for Rachel are revealed. (S1)
9.00 **FILM The Rock** Thriller starring Sean Connery and Nicolas Cage. (1996, 15, 136min) ★★★★
11.40 **Iain Stirling's Roast the Internet**
12.40 AM **Whose Line Is It Anyway? USA**
1.40 **South Park** (S8)
2.40 **Kevin Bridges: The Brand New Tour**
3.30 **Russell Howard: Live at the London Palladium**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

## Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 1&2/25. (S7)
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Christmas Show**
11.00 **Friends** 10-13/24. (S5)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** 3-6/25. (S7)
7.00 **Michael McIntyre's Big Christmas Show**
8.00 **The Upper Hand**
9.00 **Rhod Gilbert's Growing Pains** With Greg Davies, Thanyia Moore and Josh Pugh.
10.00 **Friends** 7-12/24. (S1)
1.00 AM **8 Out of 10 Cats**
1.55 **Michael McIntyre's Big Christmas Show**
2.55 **Most Ridiculous**
3.45 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

## That's TV

56 42

8.00 AM **Highlights**
10.10 **Bread** 8/11. (S7)
10.45 **Steptoe and Son** (S2)
11.25 **Oh, Doctor Beeching!**
12.00 NOON **Rising Damp**
12.35 PM **Man About the...**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 2/13. Drama. (S1)
2.45 **Minder** 9/11. (S4)
3.45 **Just Good Friends** (S2)
4.25 **Man About the House**
4.55 **Bread** 8/11. (S7)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.15 **Rising Damp** 5/8. (S2)
6.50 **Steptoe and Son** (S3)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 4/13. (S2)
9.00 **Benidorm** 4/9. (S9)
9.55 **Shameless** 9/16. (S6)
11.00 **Man About the House**
11.30 **Mind Your Language**
12.05 AM **Benidorm** 4/9. (S9)
1.00 **Minder** 1/8. (S6)
2.05 **Duty Free** 5/7. (S2)
2.30 **to 5.00** AM **Highlights**

## MTV

126/127 137 134 351 366

6.00 AM **Daria** 1/13. (S2)
6.20 **Teen Mom 2**
7.10 **Bar Rescue**
8.00 **Dallas Cowboys Cheerleaders**
9.00 **Catfish: The TV Show**
10.00 **Judge Judy**
12.00 NOON **Charmed**
2.00 PM **Catfish: The TV Show** Reality series.
3.00 **Judge Judy**
5.00 **Charmed** Double bill.
7.00 **Teen Mom: The Next Chapter** Reality series.
8.00 **Judge Judy**
9.00 **Just Tattoo of Us**
10.00 **Tattoo Fixers** A pop portrait that looks more like a famous footballer.
11.00 **Geordie Shore** New lad Aaron joins the crew.
12.00 M'T **Ridiculousness** New edition Rob, Steelo, and Lolo head to the amusement park.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

# Documentaries

11 August **Tuesday**



## Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **The Pool Master**
9.00 **Gold Rush** Double bill.
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.00** Electric violins, welding electrodes and photographs. **4.30** The making of glass bottles and hacksaws.
5.00 **Alaska: Homestead Rescue** The Raneys answer an urgent call from central Alaska.

**10.00 In the Eye of the Storm**

7.00 **Supercar Showroom** The team race to get a Mercedes wrapped in pink for a celebrity client, and Dean gets a surprise.
8.00 **Supercar Showroom** Brad tries to sell a luxury Bentley, and Trudie plots to take the Mercedes GT R out for a test drive.
9.00 **Deadliest Catch** New edition Greenhorn Todd's abscessed tooth forces Rick to consider a costly return to port.
10.00 **NEW SERIES In the Eye of the Storm** Eyewitnesses capture dozens of tornadoes destroying US neighbourhoods.
11.00 **The Alaska Triangle** New evidence shows that a legendary predatory creature could be real.
12.00 M'T **Deadliest Catch**
2.00 AM **In the Eye of the Storm**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

## Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked** A custom tank.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo** A lemur is rushed in with a wound on its leg. **4.00** A feisty female alpaca.
5.00 **Lone Star Law** Bullets strike a couple's home and their neighbours are questioned.
6.00 **Dr Jeff: Rocky Mountain Vet** A dog is brought in with a suspected broken leg.

**6.00 Dr Jeff**

7.00 **Treehouse Masters: Out on a Limb** Pete Nelson is called upon to design a bear observation treehouse for two sisters.
8.00 **The Pool Master** Anthony Archer-Wills is tasked with building an adventure swimming pool complete with a waterfall.
9.00 **Alaska: The Last Frontier** Three generations of the Kilcher family build a shack, and Otto has a surprise for Charlotte.
10.00 **Alaskan Bush People** The kids join Matt back in Alaska to help him pack up Browntown while Ami awaits treatment options.
11.00 **In Search of Monsters** A look into new evidence regarding the Ozark Howler.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Air Jaws: Night Stalker**
2.00 **Treehouse Masters: Out on a Limb** As shown at 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

## Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **World's Greatest Train Journeys from Above**
11.00 **Car S.O.S** A Ford Escort.
12.00 NOON **Ultimate Airport Dubai**
1.00 PM **Air Crash Investigation**
2.00 **Hitler: The Lost Tapes of the Third Reich** Double bill.
4.00 **Lost Treasures of Ancient Greece** Documentary.
5.00 **Raiders of the Civil War: Drain the Oceans**
6.00 **Secret Nazi Science** Nazi scientists' efforts to prepare the natural world for Nazi rule.

**8.00 Liberation: D-Day to Berlin**

7.00 **Air Crash Investigation** An investigation into a cargo plane that crashed shortly after taking off for the Dominican Republic.
8.00 **Liberation: D-Day to Berlin** Exploring the end of World War Two in Western Europe from various perspectives.
9.00 **Liberation: D-Day to Berlin** New colourised footage and testimony reveal the true cost paid by the Allies and civilians.
10.00 **Disaster Autopsy** The fatal launch of the space shuttle *Challenger*, a cable car tragedy and an ice rink roof collapse.
11.00 **Air Crash Investigation** A plane that lost power after flying through volcanic ash.
12.00 M'T **Amsterdam Central 24/7** Gusta visits a historic steam locomotive at the station.
1.00 AM **To Catch a Smuggler**
2.00 **Lords of War**
2.30 **Abandoned** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Trials of the Wild**

## Sky History

123/124 115/116 131 353 368

6.00 AM **Forged with Steele**
6.30 **Digging for Britain**
9.15 **Pawn Stars**
10.10 **Junk & Disorderly**
11.05 **Storage Wars** Double bill.
12.00 NOON **Ice Road Truckers**
1.00 PM **History's Greatest Machines with Dolph Lundgren** As 9.00pm.
2.00 **Great Escapes with Morgan Freeman** Four editions.
6.00 **American Pickers** A wide-eyed Mike Wolfe comes up with a six-figure offer to take home five rare motorbikes.

**9.00 History's Greatest...**

7.00 **Forged in Fire** At Combat Ready Art in Michigan, three of the finest smiths face some of their most challenging tests yet.
8.00 **History's Greatest Aircraft** The Grumman Avenger, World War Two's most important carrier-based torpedo bomber.
9.00 **History's Greatest Machines with Dolph Lundgren** New edition The elite machines behind history's boldest missions.
10.00 **Prison Chronicles** The Hanoi Hilton in Vietnam. **10.30** The Sing Sing Correctional Facility near New York City.
11.00 **Original Gangsters with Sean Bean** Peaky Blinders.
12.00 M'T **Great Escapes with Morgan Freeman** Double bill.
1.50 AM **History's Greatest Aircraft** As 8.00pm.
2.50 **History's Greatest Machines with Dolph Lundgren**
3.40 **Pawn Stars** Documentary.
4.25 **Junk & Disorderly**
5.10 **to 6.00** AM **Storage Wars**

## Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The 2000s**
7.00 **Discovering: John Hurt**
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **Juan Carlos: Downfall of the King** 2/4. Documentary.
10.55 **Celtics City**
12.00 NOON **I Am Bruce Lee**
2.00 PM **Williams & Mansell: Red 5** The rise of Nigel Mansell and the Williams F1 racing team.
3.50 **My Icon: Leon Pryce**
4.00 **The Directors**
4.55 **Discovering: John Hurt**
5.50 **Edge of the Earth**

**9.00 Savage Mountain**

7.00 **FILM Touching the Void** Dramatised documentary. In 1985, mountaineers Joe Simpson and Simon Yates set out to climb the previously unscaled west face of Siula Grande in the Peruvian Andes. (2003, 15, 106min) ★★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
9.00 **NEW Savage Mountain** Documentary telling the story behind Kristin Harila's record-breaking climb of the world's 14 highest mountains in just 92 days – and the controversy that followed. *See feature, page 21.*
11.00 **Lancaster** Exploring the story of the bomber synonymous with the Dambusters.
1.00 AM **Dave Not Coming Back** The story of two divers' efforts to retrieve a dead body from a freshwater cave.
2.50 **Mr Dynamite: The Rise of James Brown** Documentary.
5.00 **to 6.00** AM **Discovering: John Hurt**

7 PM
8 PM
9 PM
10 PM

## Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **Francis Bourgeois & Chris Harris: We Saved a Train**
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Drive It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **Ant Anstead: Born Mechanic**
9.00 **Johnny Vegas' Little Shop of Antiques** New edition
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

## Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Double bill.
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **The Killer in My Family** Drew Peterson.
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **The Killer in My Family**
4.00 **American Monster: Abuse of Power**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime Stories** Chris Welsh.
8.00 **Murder on CCTV**
10.00 **Body Cam** New editions In California, a man holds his child hostage. **11.00** In Ohio, cops face a hostage situation.
12.00 M'T **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

## True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** The story of Roy Tutill, who was killed while hitchhiking home.
8.00 **UK Crime Files: Justice For My Brother** The case of Stuart Diamond.
9.00 **UK Crime Files: The Body in the Suitcase** A look at the case of Nathan Matthews.
10.00 **Murder UK** Focusing on the story of Evie Adams.
11.00 **Secrets of a Murder Detective** The 2011 death of Gavin Clarke.
12.00 M'T **UK Crime Files: Justice For My Brother**
1.00 AM **UK Crime Files: The Body in the Suitcase**
2.00 **Murder UK**
3.00 **Britain's Countryside Killers** As 7.00pm.
4.00 **to 5.45** AM **Close Calls: On Camera**

+1 hour 246 136

## True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Murder in the Family**
9.55 **UK Crime Files: Killer on the Run**
10.45 **Teleshopping**
11.00 **Killers: Caught on Camera** True-crime.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: World's End Murders**
3.00 **UK Crime Files: Getting Away With Murder**
4.00 **Killers: Caught on Camera** Summer Tatum.
5.00 **Medical Detectives** Four editions of the series, including at: **6.00** A mother decides to take the case of her murdered daughter into her own hands. **6.30** A mother and daughter vanish.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

## Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Rapid Response** Documentary.
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Catching the...**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Rifkin on Rifkin: Private Confessions of a Serial Killer**
10.45 **How I Caught the Killer**
11.50 **Killer in My Village**
12.55 AM **Catching the Killer**
2.00 **Murder Nation** New edition In Alaska, seven people disappear.
3.00 **Murder Uncut**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1hour 221/222 322

## PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.35 **Digging Up Britain's Past** As 6.15pm.
9.35 **Eclipse Across Europe**
10.40 **1066: A Year to Conquer England**
11.55 **Inside Japan's War**
1.00 PM **Weathered: Earth's Extremes**
1.35 **Digging Up Britain's Past** As 6.15pm.
2.35 **Eclipse Across Europe**
3.50 **1066: A Year to Conquer England**
5.05 **Inside Japan's War**
6.15 **Digging Up Britain's Past** A look at one of the best-preserved Roman sites in Britain.
7.15 **Eclipse Across Europe**
8.25 **1066: A Year to Conquer England**
9.40 **Inside Japan's War**
10.50 **Eclipse Across Europe**
12.00 M'T **1066: A Year to Conquer England**
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

# TUESDAY

Tuesday

## Sky Nature

124/125 113/114 135 354 369

- 6.00 AM **Great Parks of Africa**
- 7.00 **Monkey Life**
- 8.00 **Tales from Zambia**
- 9.00 **Uptown Otters**
- 10.00 **Coral City**
- 11.00 **Dawn to Dusk**
- 12.00 NOON **Wild Birds of Australia**
- 1.00 PM **Monkey Life**
- 2.00 **Tales from Zambia**
- 3.00 **Uptown Otters**
- 4.00 **Coral City**
- 5.00 **Dawn to Dusk**
- 6.00 **Wild Birds of Australia**
- 7.00 **Monkey Life** Double bill.
- 8.00 **Whale with Steve Backshall** Whales that face the longest migratory journeys.
- 9.00 **Age of the Big Cats** The stories of the cheetah, snow leopard and jaguar.
- 10.00 **Wild Birds of Australia**
- 11.00 **Dawn to Dusk**
- 12.00 M'T **Gangs of Lemur Island**
- 1.00 AM **Great Parks of Africa**
- 2.00 **Whale with Steve Backshall**
- 3.00 **Age of the Big Cats**
- 4.00 **Tales from Zambia**
- 5.00 **to 6.00** AM **Uptown Otters**

## Sky History 2

163/168 143 186

- 6.00 AM **Ancient Aliens**
- 8.00 **The Nostradamus Effect**
- 9.00 **Battle Treasures with Foxy and Bruce** Double bill.
- 10.00 **Crimes That Shook Britain**
- 11.00 **Ancient Aliens**
- 1.00 PM **WWII Battles in Colour**
- 4.00 **Hitler v Churchill: The Eagle and the Lion** 1&2/2.
- 6.00 **Mysteries from Above**
- 7.00 **Alien Files: Unsealed** Experts examine the possibility that life began on Mars.
- 8.00 **The Sound and the Fury** Key events of World War Two.
- 9.00 **Dark Marvels: Killing Machines** A look at how razor sharp blades have spilled blood and forged empires.
- 10.00 **Secrets of the Hells Angels** Undercover informant Tony Tait infiltrates the secret biker club.
- 11.00 **Ancient Aliens** Double bill.
- 1.00 AM **Alien Files: Unsealed**
- 2.00 **WWII Battles in Colour**
- 4.00 **Hitler v Churchill: The Eagle and the Lion** 1/2. Documentary.
- 5.00 **to 6.00** AM **Crimes That Shook Britain**

## Discovery Science

167 148 179

- 8.00 AM **How the Universe Works**
- 11.00 **Alien Highway**
- 1.00 PM **The Dino Hunters**
- 3.00 **How the Universe Works**
- 6.00 **How It's Made**
- 9.00 **Savage Builds** Adam Savage stages an epic food fight with his *Mythbusters* friend, Tory Belleci, and the pair attempt to build a rapid-fire weapon that shoots out hot dogs.
- **10.00** Adam teams up with *Lord of the Rings* filmmaker, Peter Jackson, to restore a fleet of fighter planes. They stage a high-flying dogfight straight out of World War Two.
- 11.00 **You Have Been Warned** Clips of opening a bottle using a feather and using another person as a snowboard.
- **12.00** M'T Featuring clips of explosive-packed refrigerators and the world's first skydive from a drone.
- 1.00 AM **How the Universe Works**
- 4.00 **to 6.00** AM **Cooper's Treasure**

+1hr 267 379

## Crime+Investigation

139/140 142 133

- 6.00 AM **The First 48**
- 7.00 **Homicide Hunter**
- 9.00 **Ozark Law**
- 10.00 **My Strange Arrest**
- 10.30 **Court Cam**
- 11.00 **Killer Britain with Dermot Murnaghan** Triple bill.
- 2.00 PM **Green Eyed Killers**
- 3.00 **Look What You Made Me Do**
- 6.00 **Homicide Hunter**
- 7.00 **The First 48** Detective Kenyata KeeKee Taylor investigates the shootings in her community.
- 8.00 **Green Eyed Killers** Shayna Hubers claims self-defence after shooting her boyfriend.
- 9.00 **Bodies in the Barrels** 1/2. How Australia's worst ever serial killers were put behind bars.
- 11.00 **Check-In to Murder**
- 12.00 M'T **Britain's Darkest Taboos**
- 1.00 AM **The Real Murders of Atlanta** A shoot-out leaves a strip club owner dead.
- 2.00 **On the Case with Paula Zahn**
- 3.00 **Look What You Made Me Do**
- 5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

## WILD

165 145 182

- 8.00 AM **The Incredible Dr Pol**
- 9.00 **Secrets of the Zoo: Tampa**
- 10.00 **Wild Hunters**
- 11.00 **Alaska Animal Rescue**
- 12.00 NOON **The Incredible Dr Pol**
- 1.00 PM **Critter Fixers: Country Vets**
- 2.00 **Africa's Ghost River**
- 3.00 **Africa's River Titans**
- 4.00 **The Incredible Dr Pol**
- 5.00 **Yukon Vet**
- 7.00 **Secrets of the Zoo** New deer fawn babies are born, which helps to preserve this near-extinct species.
- 8.00 **Galapagos: Enchanted Isle** The wildlife of the Pacific volcanic islands, including the world's largest tortoises.
- 9.00 **Man-Eater of the Congo** Two kayakers search for the crocodile that killed their friend.
- 10.00 **When Sharks Attack 360**
- 11.00 **Ultimate Airport Dubai**
- 12.00 M'T **Africa's Deadliest**
- 1.00 AM **Alaska Fish Wars**
- 2.00 **The Incredible Dr Pol**
- 3.00 **Yukon Vet**
- 4.00 **to 5.00** AM **Alaska Animal Rescue**

## Discovery History

161/172 147 181

- 7.00 AM **Day After D-Day**
- 8.00 **Combat Dealers**
- 9.00 **Blowing Up History**
- 11.00 **Salvage Hunters**
- 1.00 PM **How the Universe Works**
- 2.00 **Mysteries of the Missing**
- 3.00 **Expedition Unknown**
- 4.00 **Expedition X**
- 5.00 **Mysteries at the Museum**
- 7.00 **How the Universe Works**
- 8.00 **Day After D-Day** Men who survived the Normandy invasion as young soldiers in June 1944 recall their experiences of the conflict and discuss the effect it had on their lives.
- 9.00 **Paranormal Declassified** Paul Beban travels to Vermont's Lake Champlain to investigate whether an unclassified creature lurks in its dark depths.
- 10.00 **How Do They Do It?**
- 11.00 **Combat Dealers**
- 12.00 M'T **How the Universe Works**
- 1.00 AM **Mysteries at the Museum**
- 3.00 **Expedition Unknown**
- 4.00 **to 5.00** AM **Expedition X**

+1hour 274 381

## U&Eden

166 134/162 176 57 160 71

- 9.00 AM **Inside the Ambulance**
- 1.00 PM **Inside the Ambulance**
- 5.00 **Rise of the Nazis** Docu-drama examining how Adolf Hitler and the Nazi party seized power in Germany during the 1930s.
- **6.00** Hitler calls a general election to increase Nazi representation in parliament.
- **7.00** The infamous Night of the Long Knives in late June and early July of 1934, when Hitler ordered a series of political executions on those seen as a threat to the Nazi regime.
- 8.00 **Rise of the Nazis: Dictators at War** Examining the Eastern Front during World War Two, beginning in autumn 1940.
- **9.00** How Hitler and Stalin took charge of their armies.
- 10.00 **Rise of the Nazis** Triple bill.
- 1.00 AM **Rise of the Nazis: Dictators at War** Double bill.
- 3.00 **Rise of the Nazis** Triple bill.
- 5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1hour 266 376

## ID

154 140 166

- 8.00 AM **The Perfect Murder**
- 12.00 NOON **Faking It: Tears of a Crime** The murder of Holly Wells and Jessica Chapman.
- 1.00 PM **People Magazine Investigates** Double bill.
- 3.00 **Diabolical: Deadly Love**
- 7.00 **Deadline: Crime with Tamron Hall** The case of a mother from Texas, who suddenly dropped out of contact.
- **8.00** A case in which a man disappeared on a job at a paper mill. No-one would talk to detectives, leading them to wonder the reasons why.
- 9.00 **Evil Lives Here: The Killer Speaks** Focusing on the crimes of Lorenzo Gilyard.
- 10.00 **The Killer in My Family** Carl Sutcliffe shares what it was like to find out his brother Peter was a serial killer.
- 11.00 **On the Case with Paula Zahn**
- 12.00 M'T **Lethally Blonde**
- 2.00 AM **Diabolical: Deadly Love**
- 4.00 **to 6.00** AM **Deadline: Crime with Tamron Hall**

+1hour 254 366

## Discovery Turbo

158 146 180

- 7.00 AM **How Do They Do It?**
- 8.00 **Motor Pickers**
- 9.00 **Salvage Hunters: Classic Cars**
- 10.00 **Shed and Buried**
- 11.00 **Richard Hammond's Workshop**
- 12.00 NOON **Roadworthy Rescues**
- 1.00 PM **Bad Chad Customs**
- 2.00 **Ant Anstead: Born Mechanic**
- 3.00 **Guz Khan's Custom Cars**
- 4.00 **Salvage Hunters: Classic Cars**
- 5.00 **Street Outlaws: Locals Only**
- 6.00 **Wheeler Dealers**
- 7.00 **Shed and Buried**
- 8.00 **Street Outlaws: Locals Only** In Michigan, a racing wagon takes everyone by surprise.
- 9.00 **Mike Brewer: Born Dealer** Mike shares a sneak peek into life at his dealership in Warwick.
- 10.00 **Guz Khan's Custom Cars**
- 11.00 **Massive Engineering Mistakes**
- 12.00 M'T **Street Outlaws: Locals...**
- 1.00 AM **Richard Hammond's Workshop** Neil helps a friend with his 1930s Morris 8.
- 2.00 **Iron Resurrection**
- 3.00 **to 4.00** AM **Wheeler Dealers**

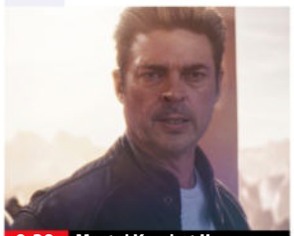
+1hour 258

# Films

## Sky Cinema Premiere

301 301 401 501 515

- 6.10 AM **Looney Tunes: The Day the Earth Blew Up** (2024)
- 7.45 **Song Sung Blue** As 1.10am.
- 10.05 **Seven Snipers** As 8.00pm.
- 11.35 **Anaconda** As 6.20pm.
- 1.15 PM **Mortal Kombat II** (2024)
- 3.10 **Looney Tunes: The Day the Earth Blew Up** Animated adventure. (2024, PG, 91min)
- 4.45 **Normal** Action comedy. (2026, 15, 91min) ★★★★
- 6.20 **Anaconda** Action comedy. (2025, 12, 99min) ★★★



9.30 Mortal Kombat II

- 8.00 **Seven Snipers** Thriller with Radha Mitchell and Tim Roth. A retired sniper in hiding on an Australian ranch must reunite her kill squad when a warlord threatens her daughter. (2026, 15, 87min) ★★★
  SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.30 **Mortal Kombat II** Fantasy adventure sequel starring Karl Urban. Several champions are pitted against one another in the ultimate battle to defeat the dark rule of Shao Kahn. (2024, 15, 116min) ★★★
  SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.30 **Normal** As shown at 4.45pm.
- 1.10 AM **Song Sung Blue** Musical biopic starring Hugh Jackman. (2025, 12, 132min) ★★★
- 3.35 **In Cold Light** Crime thriller starring Maika Monroe. (2025, 15, 96min) ★★★
- 5.20 **to 7.15** AM **Night Patrol** Horror with Jermaine Fowler. (2025, 15, 103min) ★★★

## Sky Cinema Box Set

303 303 403 503 517

- 7.20 AM **Police Academy** Comedy. (1984, 15, 95min) ★★★
- 9.00 **Police Academy 2: Their First Assignment** (1985, 12) ★★
- 10.40 **Police Academy 3: Back in Training** (1986, PG) ★
- 12.20 PM **Beverly Hills Cop** Comedy thriller. (1984, 15) ★★★★
- 2.20 **Beverly Hills Cop II** Comedy thriller sequel. (1987, 15) ★★★
- 4.10 **Beverly Hills Cop 3** Comedy thriller sequel. (1994, 15) ★★
- 6.05 **Ghostbusters** As 4.00am.

6.05 Ghostbusters

- 8.00 **Ghostbusters II** Supernatural action comedy sequel starring Bill Murray, Dan Aykroyd and Sigourney Weaver. The Ghostbusters battle another batch of spooks in New York City. (1989, PG, 99min) ★★★
  SEX ●●● VIOLENCE ●●● LANG ●●●
- 9.50 **Ghostbusters** Fantasy comedy starring Kristen Wiig. When supernatural disturbances occur in New York, four experts in the paranormal and their dim assistant investigate. (2016, 12, 113min) ★★★
  SEX ●●● VIOLENCE ●●● LANG ●●●
- 11.50 **Ghostbusters: Afterlife** Supernatural comedy sequel. (2021, 12, 124min) ★★★★
- 1.55 AM **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
- 3.25 **Sky Cinema Preview**
- 4.00 **Ghostbusters** Action comedy. (1984, 12, 105min) ★★★★
- 5.50 **to 7.40** AM **Ghostbusters II**

## Sky Cinema Drama

310 310 410 510 524

- 6.05 AM **Boy Meets Boy** As 5.50am.
- 7.25 **Wish You Were Here** (2025)
- 9.10 **Materialists** Romantic comedy. (2025, 15, 116min) ★★★★
- 11.15 **Joker: Folie à Deux** Thriller. (2024, 15, 138min) ★★★★
- 1.40 PM **Dreamgirls** Musical. (2006, 12, 130min) ★★★★
- 3.55 **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★
- 6.15 **Jackie** Biopic starring Natalie Portman as Jacqueline Kennedy. (2016, 15, 100min) ★★★★
- 8.00 **Full Metal Jacket** Stanley Kubrick's Vietnam War drama starring Matthew Modine as a GI in the thick of the action at the battle for Hue in 1968. With Adam Baldwin and R Lee Ermey. (1987, 15, 115min) ★★★★
- 10.10 **Escape to Victory** World War Two drama starring Sylvester Stallone and Michael Caine. (1981, PG, 111min) ★★★
- 12.20 AM **Wish You Were Here** Drama. (2025, 12, 99min) ★★★
- 2.10 **I Used to Be Funny** Comedy drama. (2023, 15, 105min) ★★★
- 4.05 **Babylon** Ground-breaking drama. (1980, 15, 94min) ★★★
- 5.50 **to 7.15** AM **Boy Meets Boy** Drama. (2021, 15, 75min) ★★★

## Sky Cinema Sci-fi/Horror

311 311 411 511 525

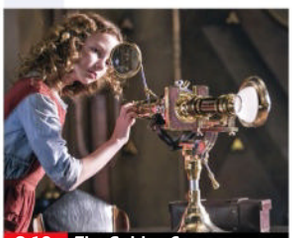
- 6.50 AM **Westworld** Sci-fi thriller. (1973, 15, 89min) ★★★★
- 8.25 **I Know What You Did Last Summer** As shown at 9.50pm.
- 10.20 **They Will Kill You** Horror comedy starring Zazie Beetz. (2025, 15, 94min) ★★★
- 12.05 PM **Wolf Man** Werewolf horror. (2024, 15, 103min) ★★★
- 2.00 **Salem's Lot** Horror thriller. (2024, 15, 109min) ★★★
- 3.55 **Pet Sematary** Horror thriller. (2019, 15, 101min) ★★★
- 5.45 **It** Horror with Jaeden Lieberher. (2017, 15, 135min) ★★★★
- 8.00 **Men in Black** Sci-fi comedy with Tommy Lee Jones and Will Smith. A New York cop joins a secret government agency that polices alien activity on Earth. (1997, PG, 94min) ★★★★
- 9.50 **I Know What You Did Last Summer** Horror reboot with Chase Sui Wonders and Madelyn Cline. (2025, 15, 119min) ★★★
- 11.50 **Lee Cronin's The Mummy** Supernatural horror with Natalie Grace. (2026, 18, 134min) ★★★
- 2.15 AM **Annabelle** Horror thriller spin-off. (2014, 15, 97min) ★★
- 4.05 **to 6.00** AM **Annabelle: Creation** Horror thriller. (2017, 15, 109min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

## Sky Cinema Family

304 304 406 506 519

**6.00** AM **The Cinema List**
**6.30** **Annie** Musical. (1982, U) ★★★
**8.40** **Look Who's Talking Too** Comedy sequel. (1990, 12) ★
**10.10** **The Smurfs** (2011, U) ★★
**12.00** NOON **The Smurfs 2** Adventure. (2013, U) ★★
**1.55** PM **Yogi Bear** Family comedy. (2010, U, 81min) ★★★
**3.30** **Wicked: For Good** Fantasy. (2025, PG, 137min) ★★★
**6.00** **How to Train Your Dragon** Fantasy. (2025, PG) ★★★★



**8.10** The Golden Compass

**8.10** **The Golden Compass** Fantasy adventure starring Nicole Kidman and Dakota Blue Richards. In a parallel universe, a rebellious young orphan travels to the Arctic on a quest to save a kidnapped friend. With Daniel Craig. (2007, PG, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.05** **Look Who's Talking Now** Comedy sequel starring John Travolta and Kirstie Alley, and featuring the voices of Danny DeVito and Diane Keaton. (1993, 12, 95min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

**11.45** **A Dog's Purpose** Comedy drama starring Dennis Quaid. (2017, PG, 100min) ★★★
**1.30** AM **Jack the Giant Slayer** Fantasy starring Nicholas Hoult. (2013, 12, 114min) ★★★
**3.25** **The Witches** Fantasy. (1989, PG, 90min) ★★★★
**5.00** **to 6.00** AM **Sky Cinema Preview**

## Sky Cinema Action

306 306 407 507 521

**7.15** AM **Nobody 2** Comedy thriller. (2025, 15, 89min) ★★★
**8.55** **Normal** Action comedy. (2026, 15, 91min) ★★★★
**10.40** **The Lord of the Rings: The Fellowship of the Ring** Epic fantasy. (2001, PG) ★★★★★
**1.40** PM **The Lord of the Rings: The Two Towers** Epic fantasy. (2002, 12, 179min) ★★★★★
**4.40** **The Lord of the Rings: The Return of the King** Fantasy. (2003, 12, 201min) ★★★★★

**8.00** 300

**8.00** **300** Epic historical adventure starring Gerard Butler and Lena Headey. In 480 BC, 300 Spartans face overwhelming odds when they make a defiant stand against the Persian enemy at the Battle of Thermopylae. (2006, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.00** **Gladiator II** Historical drama sequel starring Paul Mescal. The son of a slain Roman General enters the Colosseum in an attempt to bring glory back to Rome. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**12.30** AM **Transformers** Sci-fi action adventure with Shia LaBeouf. (2007, 12, 144min) ★★★★
**2.55** **Sudden Death** Action thriller with Jean-Claude Van Damme. (1995, 18, 110min) ★★★
**4.50** **to 6.25** AM **Sisu: Road to Revenge** Action sequel. (2025, 15, 89min) ★★★★

## Sky Cinema Comedy

308 308 408 508 522

**6.50** AM **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
**8.45** **Kingpin** (1996, 12) ★★★
**10.40** **The Intern** (2015, 12) ★★★★
**12.45** PM **Anaconda** As 11.40pm.
**2.35** **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★★
**4.20** **The Whole Nine Yards** Black comedy. (2000, 15) ★★★
**6.10** **Arthur** Comedy with Dudley Moore and Liza Minnelli. (1981, 15, 93min) ★★★★

**8.00** The 'burbs

**8.00** **The 'burbs** Comedy starring Tom Hanks, Bruce Dern and Carrie Fisher. Three suspicious suburban neighbours try to discover the truth about a strange family. (1989, PG, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.45** **Pitch Perfect** Musical comedy starring Anna Kendrick. A wannabe DJ tries to shake up her college's all-female singing group. With Skylar Astin and Rebel Wilson. (2012, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**11.40** **Anaconda** Action comedy. (2025, 12, 99min) ★★★
**1.20** AM **Smokey and the Bandit** Action comedy starring Burt Reynolds and Sally Field. (1977, PG, 96min) ★★★
**3.00** **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
**4.50** **to 6.45** AM **Mamma Mia! Here We Go Again** Musical sequel. (2018, PG, 114min) ★★★★

## Sky Cinema Thriller

309 309 409 509 523

**6.00** AM **Clear and Present Danger** Action thriller. (1994, 12) ★★★
**8.30** **The Girl on the Train** Thriller. (2016, 15, 107min) ★★★★
**10.30** **Now You See Me** Thriller. (2013, 12, 115min) ★★★
**12.30** PM **Now You See Me 2** Crime thriller sequel. (2016, 12, 124min) ★★★
**2.40** **Cellular** (2004, 15) ★★★
**4.20** **Drop** (2025, 15) ★★★★
**6.00** **Patriot Games** Action thriller. (1992, 15, 116min) ★★★

**6.00** Patriot Games

**8.00** **The Hunt for Red October** Cold War thriller based on the novel by Tom Clancy, set on a nuclear-powered submarine. Stars Sean Connery, Alec Baldwin and Scott Glenn. (1990, PG, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

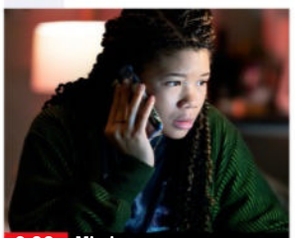
**10.25** **The Krays** British crime drama starring Gary and Martin Kemp as the notorious gangster twins Reg and Ronnie Kray, who ran London's underworld in the 1960s. (1990, 18, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**12.30** AM **Along Came a Spider** Psychological thriller. (2001, 15, 103min) ★★★
**2.20** **Caddo Lake** Mystery thriller. (2024, 12, 99min) ★★★
**4.10** **to 6.00** AM **Maggie Moore(s)** Comedy thriller starring Jon Hamm and Nick Mohammed. (2023, 15, 99min) ★★★

## Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
**11.00** AM **Man in the Saddle** Western. (1951, PG) ★★★
**12.45** PM **The Black Swan** Swashbuckling adventure. (1942, PG, 85min) ★★★
**2.30** **Fantastic Voyage** Thriller. (1966, U, 100min) ★★★★
**4.35** **The Kid Who Would Be King** Fantasy. (2019, PG) ★★★
**7.05** **See How They Run** Mystery comedy with Sam Rockwell. (2022, 12, 98min) ★★★★



**9.00** Missing

**See How They Run** (film started at 7.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.00** **Missing** Thriller starring Storm Reid. When her mother goes missing while on vacation with her new boyfriend, a teenager searches for answers through her online investigative skills. With Nia Long and Ken Leung. (2023, 15, 111min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**11.15** **Jennifer's Body** Darkly comic horror starring Megan Fox and Amanda Seyfried. A mousy teenager realises that her teen queen best friend has turned into a man-eating demon. (2009, 15, 102min) ★★★
**1.20** **to 3.35** AM **Plan B** Comedy starring Kuhoo Verma and Victoria Moroles. (2021, 18, 107min) ★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

## Sky Cinema Animation

302 302 402 502 516

**7.30** AM **The SpongeBob Movie: Sponge Out of Water** Animation. (2015, U) ★★★
**9.10** **Chicken Run** Animated comedy. (2000, U, 84min) ★★★★
**10.45** **Looney Tunes: The Day the Earth Blew Up** Animated adventure. (2024, PG, 91min)
**12.30** PM **Hotel Transylvania** Animated family comedy. (2012, U, 91min) ★★★★
**2.15** **The Ant Bully** Animation. (2006, U, 89min) ★★★★
**4.00** **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
**5.35** **The Amazing Maurice** Animation. (2022, PG) ★★★★
**7.10** **Shaun the Sheep Movie** Animated comedy adventure. (2015, U, 85min) ★★★★
**8.40** **Antz** Aanimated comedy. (1998, PG, 83min) ★★★
**10.05** **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
**11.40** **Cloudy with a Chance of Meatballs 2** (2013, U) ★★★
**1.20** AM **Rebellious** (2024, PG) ★★★
**3.00** **The Angry Birds Movie** Animation. (2016, U) ★★★
**4.40** **Cinema List: Family Favourites**
**5.00** **to 6.40** AM **The Angry Birds Movie 2** (2019, U) ★★★

## Sky Cinema Greats

307 307 404 504 518

**7.30** AM **The Karate Kid** (1984)
**9.45** **The Karate Kid Part II** (1986)
**11.45** **The Karate Kid: Part III** Martial arts adventure sequel. (1989, PG, 111min) ★
**1.45** PM **Batman Forever** Adventure. (1995, 12, 121min) ★★★
**3.50** **Batman & Robin** Adventure. (1997, PG, 125min) ★★
**6.00** **E.T. The Extra Terrestrial** Sci-fi. (1982, U, 114min) ★★★★★
**8.00** **Jurassic Park** Steven Spielberg's monster thriller starring the late Sam Neill, Laura Dern and Jeff Goldblum. A billionaire showman creates an island leisure park populated by genetically engineered – and very dangerous – dinosaurs. (1993, PG, 127min) ★★★★★
**10.10** **The Lost World: Jurassic Park** Steven Spielberg's monster adventure sequel starring Jeff Goldblum and Julianne Moore. (1997, PG, 129min) ★★★
**12.25** AM **The Karate Kid** Martial arts adventure with Ralph Macchio. (1984, 12, 127min) ★★★★
**2.40** **The Karate Kid Part II** Adventure sequel starring Ralph Macchio. (1986, PG, 113min) ★★
**4.45** **to 6.45** AM **The Karate Kid: Part III** As shown at 11.45am.

## Disney+ Cinema

305 305

**6.00** AM **Bambi** Classic cartoon. (1942, U, 69min) ★★★★★
**7.20** **The Lion King** Animation. (2019, PG, 118min) ★★★
**8.50** **Cars 2** Animated comedy sequel. (2011, U, 102min) ★★★
**10.35** **WALL-E** Animated adventure. (2008, U, 98min) ★★★★★
**12.20** PM **The Wild** Animation with the voice of Kiefer Sutherland. (2005, U, 82min) ★★
**1.45** **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
**3.25** **Cool Runnings** Sports comedy. (1993, PG, 99min) ★★★
**5.10** **Ratatouille** Animated comedy. (2007, U, 106min) ★★★★★
**7.00** **The Princess Diaries** Comedy. (2001, U, 115min) ★★★
**9.00** **A Real Pain** Comedy drama. (2024, 15, 90min) ★★★★★
**10.30** **Dodgeball: A True Underdog Story** Comedy starring Vince Vaughn and Ben Stiller. (2004, 12, 92min) ★★★★
**12.05** AM **A Complete Unknown** Biopic with Timothée Chalamet. (2024, 15, 140min) ★★★★
**2.30** **Bad Company** Comedy thriller. (2002, 12, 112min) ★★★
**4.30** **to 6.00** AM **The Haunted Mansion** Supernatural comedy. (2003, PG, 87min) ★★

## Movies 24

312 313 419

**7.00** AM **A Suite Holiday Romance** Festive romantic drama. (2025, PG, 90min) ★★
**9.00** **Betty's Bad Luck In Love** Comedy. (2024, PG, 84min) ★★
**11.00** **My Norwegian Holiday** Comedy. (2023, PG, 80min) ★★
**1.00** PM **For Love & Honey** Comedy. (2024, U, 84min) ★★
**3.00** **A Make or Break Holiday** Drama. (2025, U, 89min) ★★
**5.00** **A Match in Manhattan** Drama. (2024, PG, 90min) ★★
**7.00** **The Reluctant Royal** Romantic comedy starring Andrew W Walker and Emilie de Ravin. (2025, PG, 84min) ★★
**9.00** **Love at the Bootcamp** Romantic drama with Leanne Lapp and Daniel Cudmore. (2024, PG, 90min) ★★
**11.00** **Signed, Sealed, Delivered: To the Moon and Back** Mystery starring Eric Mabius and Kristin Booth. (2025, PG, 90min) ★★
**1.00** AM **Journey to You** Romantic drama with Erin Cahill and Erik Valdez. (2025, PG, 84min) ★★
**3.00** **to 5.00** AM **Romance with a Twist** Romantic drama. (2024, PG, 84min) ★★

Movies 24+ 315/329 314 420

## Talking Pictures

324 445 82 306 36

**6.00** AM **Life with the Lyons** Comedy. (1953, U, 80min) ★★
**7.40** **The Captain's Paradise** Comedy. (1953, b/w, U, 89min) ★★★
**9.25** **Cinebox Memories**
**9.30** **Grand National Night** Thriller. (1953, b/w, PG, 81min) ★★
**11.05** **Le Poulet** French short film.
**11.25** **Orders Are Orders** Comedy. (1954, b/w, U, 78min) ★★★
**1.00** PM **Adventures of William Tell**
**1.30** **Doctor in Distress** Comedy. (1963, PG, 102min) ★★★★
**3.35** **Kim Novak: The Golden Age Rebel** Documentary.
**4.40** **Whispering Smith Hits London** Thriller starring Richard Carlson. (1951, b/w, 15, 82min) ★★★
**6.20** **Litter Defence Volunteers**
**6.25** **Whiplash** 27/34. (S1)
**6.55** **The Man from UNCLE** (S2)
**7.55** **Buccaneer** 4/13. (S1)
**9.00** **Murder by Decree** Chiller starring Christopher Plummer. (1978, 12, 112min) ★★★★
**11.35** **Fortean TV**
**12.10** AM **The Nudist Story** Romantic comedy. (1960, 15, 90min) ★★★
**2.00** **The Stranger** Suspense thriller. (1946, PG, 95min) ★★★★
**3.55** **New Seekers: Keep Britain Tidy**
**4.00** **Target: The Corruptors** (S1)
**5.00** **to 6.00** AM **Film Noir**

# TUESDAY Sport 11 August

## Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
11.30 **Transfer 360** Andy Robertson.
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk** Sports news.
2.30 **Transfer 360** Andy Robertson.
3.00 **LIVE The Hundred** Manchester Super Giants v SunRisers Leeds. Coverage of the women's match at Emirates Old Trafford. Start-time **3.00pm**.
6.00 **LIVE The Hundred** Manchester Super Giants v SunRisers Leeds. The men's match at Emirates Old Trafford. The Super Giants prevailed when the teams met at Headingley last season. Start-time is at **6.30pm**.
9.30 **Transfer 360** Andy Robertson.
10.00 **Sky Sports News**
10.30 **Paper Talk**
11.00 **LIVE WTA & ATP Tennis** Day 10 of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto, both hard-court tournaments, featuring the quarter-finals.
4.00 **to 6.00** AM **Sky Sports News**

## Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Best Premier League Goals 23/24** A compilation of goals.
8.00 **Premier League 100 Club**
8.30 **Cult Heroes** A profile of Nani.
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
11.30 **Transfer 360** Andy Robertson.
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Highlights**
2.30 **Transfer 360** Andy Robertson.
3.00 **MNF** Man United v Bournemouth.
3.30 **Premier League Highlights**
5.00 **Premier League Stories**
5.30 **Cult Heroes** Double bill.
6.30 **Premier League Stories**
7.00 **The Transfer Show**
8.00 **James Milner: Record Breaker**
8.30 **Away From Home**
9.00 **Transfer 360** Double bill.
10.00 **Brazilians in the Premier League** The Brazilian stars who have graced the top flight.
11.00 **Premier League Years** A look back at the 1997/98 season.
1.00 AM **PL Retro** A chance to see Manchester United v Everton.
3.00 **PL Greatest Games**
4.00 **Best Premier League Goals 23/24** A compilation of goals.
5.00 **to 6.00** AM **Premier League 100 Club**

## Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Highlights**
8.00 **EFL** Hull City v Middlesbrough.
9.00 **SPFL Highlights** Rangers v Celtic.
9.30 **EFL Greatest Games**
10.00 **SPFL Greatest Games**
12.00 NOON **Championship Season Review** Archive highlights.
3.00 PM **EFL Highlights**
5.00 **EFL** Hull City v Middlesbrough in the Championship play-off final.
6.00 **EFL Highlights** Action from Grimsby Town v Salford City. **6.30** Chesterfield v Notts County. **7.00** Salford City v Grimsby Town. **7.30** Notts County v Chesterfield.
8.00 **EFL Preview Show** A look ahead to upcoming fixtures in the English Football League.
9.00 **EFL Highlights** Action from Notts County v Salford City. **10.00** Highlights from Stockport County v Stevenage.
12.00 M'T **Championship Retro** Watford v Leicester City.
2.00 AM **Jimmy Glass: Great Escape**
2.30 **EFL Rivalries** East Anglian Derby.
3.00 **SPFL Highlights** Rangers v Celtic.
3.30 **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2016 final.
5.00 **SPFL Highlights**
5.30 **to 6.00** AM **EFL Greatest Games**

## Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred**
9.15 **The Hundred Bitesize**
10.45 **The Hundred** A match replay.
2.15 PM **The Hundred Bitesize**
2.45 **LIVE The Hundred** Manchester Super Giants v SunRisers Leeds. Coverage of the women's match at Emirates Old Trafford. The hosts won by five runs when the teams met here last year. Start-time **3.00pm**.
6.00 **LIVE The Hundred** Manchester Super Giants v SunRisers Leeds. Coverage of the men's match held at Emirates Old Trafford. The Super Giants prevailed by seven wickets when the teams met at Headingley last season, with Jos Buttler showing his class by scoring 70 off just 37 balls for the victors. However, it was their opponents who went on to reach the knockout stage. Start-time is at **6.30pm**.
9.30 **The Hundred Bitesize**
10.00 **The Hundred** Manchester Super Giants v SunRisers Leeds.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** A match replay.
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred**

## Sky Sports Golf

406 406 506 423 443

6.00 AM **School of Golf**
7.00 **Playing Lessons**
8.00 **Nick Dougherty's Tee Time Tips**
9.00 **Golf Academy** Expert advice.
10.00 **PGA Tour Golf** Highlights.
11.00 **The Golf Fitness Show**
11.30 **Mark Roe's Short Game School**
12.00 NOON **Best of the Open Zone**
1.00 PM **Best of the Shot Centre**
1.30 **Best of the Sky Zone**
2.00 **Women's Golf** Women's Open.
3.00 **School of Golf**
4.00 **The Improvers**
4.30 **Best of the Sky Zone**
5.00 **PGA Tour Golf** Highlights.
6.00 **Ladies European Tour Golf**
7.00 **Europe! Europe!**
9.00 **PGA Tour Golf** Highlights.
10.00 **Ladies European Tour Golf**
11.00 **PGA Tour Champions**
12.00 M'T **Scotland's Greatest Golf Holes** Featuring Royal Troon.
1.00 AM **How the 1999 Ryder Cup Was Won** From Massachusetts.
3.30 **Golf Academy** Putting tips.
4.00 **to 6.00** AM **Tee Time Tips**

## Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
3.00 PM **WTA Tennis** Recent finals.
6.00 **WTA & ATP Tennis** Action from day nine of the Canadian Open.
9.00 **LIVE ATP Tennis** Coverage from the men's doubles on the 10th day of the Canadian Open, an ATP 1000 event in Montreal.
11.00 **LIVE WTA & ATP Tennis** Further coverage of day 10 of the Canadian Open, an ATP 1000 event in Montreal and the WTA 1000 event in Toronto, featuring the quarter-finals. Naomi Osaka continued her fine form at this stage last year with a 6-2 6-2 victory over the number 10 seed Elina Svitolina, which set up a semi-final contest against Clara Tauson who impressed in her 6-1 6-4 win over Madison Keys.
4.00 **to 6.00** AM **WTA Tennis**

## TNT Sports 1

410 413 521 408 430

6.00 AM **The Breakdown**
6.30 **Roll the Tape** Noel Gallagher.
7.00 **LIVE Snooker: Chinese Open** The eighth session from round one at Riverside Sports Centre.
10.30 **The Gruppetto**
10.45 **Ally's Social Club**
11.30 **London Premier Padel**
12.30 PM **LIVE Snooker: Chinese Open** The ninth session of round one at Riverside Sports Centre.
4.00 **Premier League Legends**
4.30 **Roll the Tape** Noel Gallagher.
5.00 **MLB Highlights**
6.00 **Premier League Legends**
6.30 **Premier League Stories**
7.00 **Tom Daley: 1.6 Seconds**
8.30 **TNT Sports Cricket Reload**
9.00 **UFC: The Ultimate Fighter**
10.00 **The Verdict** UFC 330 preview.
11.00 **Premier League Stories**
11.30 **MLB Lead Off** A look ahead.
12.00 M'T **LIVE MLB** New York Yankees v Seattle Mariners. Coverage from Yankee Stadium. Start-time **12.05am**.
3.00 AM **MLB Closer** A look back.
3.30 **MLB Classic** Archive action.
5.00 **Premier League Legends**
5.30 **to 6.00** AM **UEFA Champions League – Stories of the Finals**

## TNT Sports 2

411 414 522 409 431

6.00 AM **CPL Highlights**
7.30 **Men's Cycling Pro Series**
8.30 **The Gruppetto** Cycling news.
8.45 **Roll the Tape** Fran Kirby.
9.00 **Test Cricket Highlights**
1.00 PM **MLB Highlights**
2.00 **Men's Cycling Pro Series**
3.00 **Longines Global Champions Tour** Grand Prix of London.
4.00 **LIV Golf** The fourth and final day of the 11th round in New Jersey.
5.30 **The Gruppetto** Cycling news.
5.45 **Sign Up – Into Football**
6.45 **TNT Sports Cricket Reload**
7.30 **NWSL** Action from Denver Summit v Utah Royals FC. **8.30** Highlights from Boston Legacy v Portland Thorns.
9.30 **MotoGP Rewind** A look back at the best of the action from the MotoGP British Grand Prix.
9.45 **The Gruppetto** Cycling news.
10.00 **MLB Highlights**
11.00 **CPL Highlights**
11.30 **LIVE CPL** Jamaica Kingsmen v Barbados Royals. Coverage of the T20 match at Sabina Park in Jamaica.
3.45 AM **TNT Sports Cricket Reload**
4.00 **to 6.00** AM **Snooker: Chinese Open**

## Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Highlights** Action from Chicago Bears v Pittsburgh Steelers in the 2025/26 season.
5.55 **LIVE Rugby Union** Sharks v New Zealand. Coverage of the tour match staged at Hollywoodbets Kings Park in Durban. Kick-off **6.00pm**.
8.00 **NBC's Pro-Football Talk**
10.00 **NFL Bitesize Highlights** New England Patriots v New York Jets from the 2025/26 season. **10.15** Houston Texans v Buffalo Bills from the 2025/26 season. **10.30** Highlights of Tampa Bay Buccaneers v Atlanta Falcons from the 2025/26 season. **10.45** Action from Cincinnati Bengals v Pittsburgh Steelers.
11.00 **NFL Highlights**
12.00 M'T **The Insiders** NFL news.
1.00 AM **NFL Highlights**
2.00 **Super League** A chance to see Hull FC v Hull Kingston Rovers.
5.30 **to 6.00** AM **Super League Highlights**

## Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.00 **Super League**
11.15 **My Icon** Ebony Rainford-Brent.
11.30 **Transfer 360** Andy Robertson.
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live** Magazine.
2.00 **Sports Desk**
2.30 **Transfer 360** Andy Robertson.
3.00 **Sports Desk**
4.00 **The Transfer Show**
4.30 **Sports Desk**
5.00 **Sky Sports News**
6.00 **LIVE Rugby Union** Sharks v New Zealand. Coverage of the tour match staged at Hollywoodbets Kings Park in Durban. Kick-off **6.00pm**.
8.00 **Sports Centre** Sports news.
9.00 **LIVE ATP Tennis** Coverage from the men's doubles on day 10 of the Canadian Open, an ATP 1000 event in Montreal, which is a hard-court tournament.
11.00 **LIVE WTA & ATP Tennis** Further coverage of the 10th day of the Canadian Open, an ATP 1000 event in Montreal and the WTA 1000 event in Toronto, featuring the quarter-finals.
4.00 **to 6.00** AM **WTA & ATP Tennis**

## Sky Sports Mix

416 412 511 429 449

6.00 AM **PL Greatest Games**
7.00 **Women's T20 World Cup**
8.00 **ATP Tennis** Dallas Open final.
9.00 **PGA Tour Golf** Highlights.
11.00 **WTA Tennis** Cluj Open final.
12.00 NOON **My Icon** Double bill.
12.30 PM **Darts Gold** Archive action.
1.00 **NFL Highlights**
2.00 **Super League**
4.45 **My Icon** Maggie Alphonsi.
5.00 **NFL Bitesize Highlights**
6.00 **WTA & ATP Tennis**
8.00 **British Kart Championships**
9.00 **Indycar** Grand Prix of Portland.
10.00 **Ladies European Tour Golf**
11.00 **NFL Highlights**
12.00 M'T **My Icon** Sporting influences.
12.30 AM **Darts Gold**
1.00 **Premier League Darts**
4.45 **Super League Highlights**
5.00 **My Icon** Sporting influences.
5.30 **to 6.00** AM **The Greatest Leg**

## TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League Netbusters**
10.30 **LIVE European Athletics Championships** Coverage of tthe morning session on the second day of the event held at Alexander Stadium, Birmingham.
1.00 PM **Premier League Netbusters**
3.30 **MotoGP** Action from the Grand Prix of Britain at Silverstone.
7.00 **LIVE European Athletics Championships** Coverage of the evening session on the second day of the event at Alexander Stadium in Birmingham.
10.00 **Snooker: Chinese Open** Highlights from day four at Riverside Sports Centre, Taiyuan.
12.00 M'T **World Series of Poker** The final table main event.
1.00 AM **Supercars Championship Highlights** Perth Super 440.
3.00 **UFC: The Ultimate Fighter**
4.00 **UFC Fight Flashback**
5.30 **to 6.00** AM **Formula E Flashback**

## TNT Sports 4

414 416 524 411 434

6.00 AM **Fishing: On the Bank**
7.00 **MotoGP** Grand Prix of Britain.
10.30 **LIV Golf** The fourth and final day of the 11th round in New Jersey.
12.00 NOON **AFL** Western Bulldogs v North Melbourne Kangaroos. **1.30** PM Action from Brisbane Lions v Hawthorn Hawks. **3.00** A replay of Melbourne Demons v Fremantle Dockers. **4.30** A chance to see Sydney Swans v Port Adelaide Power.
6.00 **AFL** Another chance to see Geelong Cats v Essendon Bombers. **7.30** Another chance to see Adelaide Crows v Richmond Tigers. **9.00** Another chance to see GWS Giants v Gold Coast Suns. **10.30** Another chance to see West Coast Eagles v Collingwood. **12.00** M'T A chance to see St Kilda Saints v Carlton Blues.
1.30 AM **Longines Global Champions Tour**
2.30 **to 6.00** AM **MotoGP**

## Premier Sports 1

419 APP 528

6.00 AM **Motorsport** Drew Gibson.
7.00 **LaLiga** Real Madrid v Barcelona.
9.00 **NASCAR** Iowa Corn 350.
10.00 **FIM Sidecarcross Championship**
11.00 **German Cup** Bayern Munich v VfB Stuttgart in this year's final.
1.00 PM **Sporting Countdowns**
1.30 **Brasileiro Serie A** A chance to see Palmeiras v Internacional. **3.30** Action from Red Bull Bragantino v Corinthians.
5.25 **Bike World** Magazine.
5.55 **LIVE Swedish Speedway** Coverage of an Elitserien meeting.
8.00 **Motorsport** Valentino Rossi.
8.30 **NASCAR** The Iowa Corn 350, the 23rd round of the season held at Iowa Speedway in Newton, Iowa.
9.30 **LaLiga** Barcelona v Real Madrid.
11.30 **Sporting Greats**
12.00 M'T **Swedish Speedway**
2.00 AM **Sporting Countdowns**
2.30 **FIM Sidecarcross Championship**
3.30 **FIM Quadcross Championship**
4.00 **to 6.00** AM **Brasileiro Serie A**

## Premier Sports 2

420 APP 529

6.00 AM **Temples of Sport**
6.30 **NASCAR O'Reilly Series**
9.30 **Temples of Sport**
10.00 **Champions Cup** Leinster v Toulon. **12.00** NOON Another chance to see Bordeaux Begles v Bath. **2.00** PM A chance to see Leinster v Bordeaux in the final.
4.15 **Africa Eco Race** Highlights.
4.30 **Temples of Sport** Iconic sporting venues from around the globe.
5.00 **United Rugby Championship** Action from Glasgow Warriors v Connacht in the quarter-final. **7.00** Another chance to see Bulls v Munster in a quarter-final.
9.00 **Temples of Sport**
9.30 **NASCAR O'Reilly Series** Action from the Hy-Vee PERKS 250, the 23rd round of the season at Iowa Speedway Newton, Iowa.
12.30 AM **Bike World** Action from the high octane world of two wheels.
1.00 **EUT20 Belgium** Antwerp v Ghent.
5.00 **to 6.00** AM **Football's Greatest**

## Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
12.15 PM **Ted's Notebook**
12.45 **Ollie Bearman Drives Ayrton Senna's Lotus**
1.00 **Formula 1** Austrian Grand Prix.
3.15 **Ollie Bearman Drives Ayrton Senna's Lotus**
3.30 **Formula 1** Race highlights.
8.45 **The Cornwall Air Ambulance**
9.00 **Indycar** Grand Prix of Portland.
10.00 **Formula 1** From Barcelona.
11.00 **Indycar** Grand Prix of Portland.
12.00 M'T **Formula 1** Austrian GP.
1.00 **to 6.00** AM **The Best of F1**

# Wednesday

12 August

## Planner

### Super Cup: PSG v Aston Villa

***FOOTBALL** TNT Sports 1 & HBO Max, k-o 8pm*

Champions League winners and defending Super Cup champions Paris Saint-Germain take on Europa League holders Aston Villa in this traditional curtain-raiser to the new European season.

### Reacher

***ACTION DRAMA** Prime Video*

Alan Ritchson returns as the former military policeman-turned-vigilante in a fourth season of the thriller. After a confrontation on the New York subway goes wrong, Reacher becomes embroiled in a dangerous web of political corruption.

### Murder Trial

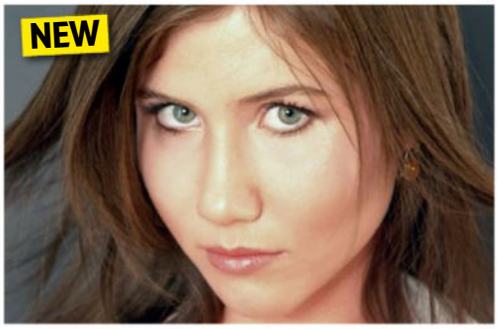
***DOCUMENTARY** BBC2, 9pm (box set, BBC iPlayer)*

Two-part documentary giving unprecedented access to the High Court trial of David Campbell (pictured right), a gamekeeper accused of murdering his former colleague Brian Low, in a remote part of Scotland.

### Spy Next Door: The Anna Chapman Story

***DOCUMENTARY** C4, 9pm*

In a tale that could be the plot of a big-budget Hollywood movie, this two-parter tells the story of the Russia-born model who was unmasked by the FBI as a spy in 2010. Concludes tomorrow.




Wednesday

| SKY | EVENING TIME | 7.00PM | 7.30PM | 8.00PM | 8.30PM | 9.00PM | 9.30PM | 10.00PM | 10.30PM |
|---|---|---|---|---|---|---|---|---|---|
| FAVOURITES | 101 BBC1 | 7.00 The One Show | 7.30 EastEnders | 8.00 Athletics: European Championships – Live: Coverage of day three | | | | 10.00 News; Local News | 10.40 MOTD... |
| | 102 BBC2 | 7.00 Athletics: European Championships... | | 8.00 The Repair Shop | | 9.00 Murder Trial | | 10.00 Inside No. 9 | 10.30 Newsnight |
| | 103 ITV1 | 7.00 Pre-Season Football – Live: Manchester United v Leeds United (Kick-off 7.30) | | | | | 9.50 It'll Be Alright... | 10.20 News; Local News | |
| | 104 CHANNEL 4 | 7.00 News | | 8.00 Extraordinary Extensions | | 9.00 Spy Next Door: The Anna Chapman... | | 10.00 24 Hours in A&E | |
| | 105 5 | 7.00 Car Pound Cops | | 8.00 Casualty 24/7: Every Second Counts | | 9.00 999: Critical Condition | | 10.00 Ambulance: Code Red | |
| | 106 SKY ONE | 7.00 The Simpsons | | 8.00 A League of Their Own: The Rally | | 9.00 Film: Lethal Weapon | | | |
| ENTERTAINMENT | 115 BBC3 | 7.05 Deadly 60 | | 8.00 Top Gear | | | | 10.00 Guy Montgomery's Guy... | |
| | 116 BBC4 | 7.00 Villages by the... | 7.30 Wainwright... | 8.00 The Treasures of Ancient Rome | | 9.00 Mary Beard's Ultimate Rome: Empire... | | 10.00 I, Claudius | |
| | 118 ITV2 | 7.00 The Floor | | 8.00 The 1% Club | | 9.00 Family Guy | | | |
| | 136 MORE4 | ‹ 6.50 Car S.O.S. | | 7.55 Grand Designs | | 9.00 The Roman Empire by Train with Alice... | | 10.00 24 Hours in Police Custody | |
| | 135 E4 | 7.00 Hollyoaks | 7.30 The Simpsons | 8.00 Vanderpump Rules | | 9.00 Gogglebox | | | |
| | 107 SKY WITNESS | 7.00 Nothing to Declare | | 8.00 Caught on Dashcam | | 9.00 Fire Country | | 10.00 FBI: International | |
| | 108 SKY ATLANTIC | ‹ 6.35 House of the Dragon | | | | | | | 10.25 Station Eleven |
| | 110 U&GOLD | 7.00 Only Fools and Horses | 7.40 Dad's Army | | 8.20 Are You Being Served? | 9.00 Porridge | 9.40 The Office | | 10.20 Not Going Out |
| | 111 U&DAVE | 7.00 Mortimer & Whitehouse | 7.40 Would I Lie to You? | | | 9.00 QI XL | | 10.00 Have I Got a Bit More News for You | |
| | 119 ITV3 | ‹ 6.55 Heartbeat | | 8.00 Midsomer Murders | | | | 10.00 Grantchester | |
| | 120 ITV4 | ‹ 6.55 Aussie Pickers | | 8.00 King of the Roads | | 9.00 Film: RoboCop 2 | | | |
| | 112 COMEDY CENTRAL | 7.00 Friends | | | | 9.00 Michael McIntyre's Big Show | | 10.00 8 Out of 10 Cats | |
| | 145 SKY SCI-FI | 7.00 Stargate Atlantis | | 8.00 Stargate SG-1 | | 9.00 Resident Alien | | 10.00 Grimm | |
| | 143 U&DRAMA | ‹ 6.40 Last of the Summer Wine | | 8.00 The Chelsea Detective | | | | 10.00 New Tricks | |
| | 109 U&ALIBI | 7.00 Private Eyes | | 8.00 Bookish | | | 9.10 Death in Paradise | | 10.10 Father Brown |
| | 122 SKY ARTS | 7.00 Alfred Hitchcock Presents | | 8.00 Voices of the Valleys | | 9.00 Battle of the Irish Dancers | | 10.00 The Eighties | |
| | 132 U&W | 7.00 MasterChef Australia | | | 8.25 Nigella: At My Table | 9.00 Signora Volpe | | | |
| DOCUMENTARY | 125 DISCOVERY | 7.00 Supercar Showroom | | | | 9.00 Wheeler Dealers | | 10.00 Mighty Truckers | |
| | 162 ANIMAL PLANET | 7.00 Treehouse Masters: Out on a Limb | | 8.00 Preposterous Pets | | 9.00 Alaska: The Last Frontier | | 10.00 Alaskan Bush People | |
| | 129 NAT GEO | 7.00 Air Crash Investigation | | 8.00 Lost Treasures of Ancient Greece | | 9.00 The Lost Tomb of Alexander the Great | | 10.00 Mysteries of Ancient Medicine | |
| | 123 SKY HISTORY | 7.00 Forged in Fire | | 8.00 Rust Valley Restorers | | 9.00 History's Greatest Warriors | | 10.00 Airport Security: USA | |
| | 155 U&YESTERDAY | 7.00 A Perfect Planet | | 8.00 Michael Palin: Travels of a Lifetime | | 9.00 Simon Reeve's South America | | 10.00 Bangers & Cash | |
| | 114 SKY DOCS | ‹ 6.55 Burden of Proof: Who Killed... | | 8.00 Six Silent Killings: Ireland's Vanishing Triangle | | | | 10.00 Groomed: The Truth Behind the Lie | |

‹ Denotes programmes starting before 7.00pm † Regions vary

# WEDNESDAY

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Wednesday

## BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.00 **Trace, Track, Get My Car Back** (R)
10.30 **LIVE Athletics: European Championships** Coverage of the opening session on day three from Alexander Stadium in Birmingham, including the first three disciplines of the decathlon. *Continues at 7.00pm on BBC2.* (S)
1.15 PM **BBC News** (S)
1.40 **Local News** (S)
1.50 **BBC News** (S)
2.00 **Money for Nothing** New edition Transforming old records. (S)
2.45 **Escape to the Country** (S)(R)(AD)
3.30 **The Repair Shop** (S)(R)(AD)
4.30 **The Answer Run** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

11.10 Red Eye

7 PM
**7.00 The One Show** Alex Jones and Roman Kemp present the topical show. (S)
**7.30 EastEnders** Chelsea's family rally together in her time of need, while a truth comes to light about Joel's incident. (S)(AD)

8 PM
**8.00 LIVE Athletics: European Championships** Gabby Logan presents further coverage of the evening session on day three from Alexander Stadium in Birmingham, featuring the finals of the men's 400m, the women's 400m hurdles, the women's hammer and the men's 110m hurdles. Analysis from Jenny Meadows, Jessica Ennis-Hill and Greg Rutherford, and commentary by Steve Cram, Steve Backley, Andrew Cotter, Colin Jackson and Paula Radcliffe. (S)

9 PM

10 PM
**10.00 BBC News** (S)
**10.30 Local News** (S)
**10.40 MOTD: Super Cup Highlights** Paris Saint-Germain v Aston Villa: Action from the annual match between last season's respective Champions League and Europa League winners, staged at Red Bull Arena Salzburg in Austria. (S)
11.10 **FILM Red Eye** Thriller with Rachel McAdams and Cillian Murphy. A hotel manager on a flight to Miami becomes mixed up in a plot to assassinate a US politician. (S)(AD) (2005, 12, 75min) ★★★★
12.25 AM **The Hit List Celebrity Special** With Jack P Shepherd. (S)(R)
1.10 **Weather for the Week Ahead** (S)
1.15 **to 6.00** AM **BBC News** (S)

## BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Homes Under the Hammer** (R)
7.15 **Money for Nothing** (S)(R)
8.00 **Sign Zone: Great Japanese Railway Journeys** (S)(R)(AD)
8.30 **Sign Zone: Great Continental Railway Journeys** (S)(R)(AD)
9.00 **BBC News** (S)
10.30 **Antiques Road Trip** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Game show. (S)(R)
2.15 **Do You Know Your Place?** (S)(R)
2.45 **The Farmers' Country Showdown**
3.30 **Spy in the Ocean** (S)(R)(AD)
4.30 **Vintage Antiques Roadshow** (R)
5.15 **Flog It!** From Hendon. (S)(R)
6.00 **Richard Osman's House of Games** Quiz show. (S)(R)
6.30 **Bear Grylls: Wild Reckoning** (S)(R)

10.00 Inside No. 9

**7.00 LIVE Athletics: European Championships** Coverage of the evening session on day three from Alexander Stadium in Birmingham, including the start of the women's hammer final. *Coverage continues on BBC1.* (S)

**8.00 The Repair Shop** Experts attempt to restore a photo of President Kennedy's children with their English nanny, a tiny drum-kit clock, a melted wax statuette and a traditional Venezuelan stringed instrument. (S)(R)(AD)

**9.00 NEW SERIES Murder Trial** *Death of a Dog Walker – Part One:* 1/2. In 2024, groundsman Brian Low is found dead in rural Scotland, and his former colleague David Campbell stands accused of his murder. (S)(AD)

**10.00 Inside No. 9** *Kid/Nap:* 4/6. Shane and Clifford come up with a plan to abduct the wife of a hedge fund manager. With Danny Mays and Jason Isaacs. (S7) (S)(R)(AD)
**10.30 Newsnight** (S)
11.05 **Evolution** 5/5. Chris Packham reveals why the horse became so fast as he sets out to explore the evolutionary beginnings of animal movement. (S)(R)(AD)
12.05 AM **FILM Kindling** Coming-of-age drama inspired by true events, starring George Somner. (S) (2023, 12, 90min) ★★★★
1.35 **Sign Zone: Amityville: An Origin Story** 3/4. The Lutz family turn their story into book and film. (S)(R)(AD)
2.25 **to 6.30** AM **Previews** (S)

## ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
1.30 PM **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David and the team head to Grimsby, where Simon Schneider falls in love with a beautiful necklace, Karen Dalmeny faces her worst nightmare, and David Ford takes a trip down memory lane. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Jack tries to open the 22 red boxes in the right order (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.00 Football: Pre-Season

**7.00 LIVE Football: Pre-Season** Manchester United v Leeds United: Hugh Woozencroft presents coverage of the friendly at Croke Park in Dublin. Normally used for Gaelic sports, this is the first time this 80,000-capacity venue has hosted a club association football match, and while a friendly in name, it is likely to be a highly competitive contest given the historic rivalry between the teams. With analysis from John O'Shea and Michael Brown, commentary by Sam Matterface and Lucy Ward, and reports from Gabriel Clarke. Kick-off is at 7.30. (S)
**9.50 It'll Be Alright on the Night** New edition Tom Allen presents more TV clangers, featuring Joel Dommett, Romesh Ranganathan, Ant & Dec and Colin Murray. (S)(AD)

**10.20 ITV News** (S)
**10.50 Local News** (S)
11.05 **Long Lost Family: Born Without Trace** Davina McCall and Nicky Campbell help two foundlings uncover why their mothers abandoned them. (S)(R)(AD)
12.05 AM **Teleshopping**
3.00 **Love & Death** (S)(SL)(R)(AD)
3.55 **Inside The Langham: Britain's First Grand Hotel** (S)(SL)(R)(AD)
4.20 **Unwind with ITV** (S)
5.35 **to 6.00** AM **Tom Kerridge Cooks Italy** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

## CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 7-10/24. (S5) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A holiday home on Spain's Costa Almería. (S)(R)
4.00 **Saving Country Houses with Penelope Keith** Visitors go on a night-time ghost hunt in Britain's most haunted castle. (S)(R)(AD)
5.00 **Chateau DIY** Sarah and George live out their French fantasies with homegrown artichokes. (S)(R)(AD)
6.00 **American Pickers** New edition Junk expert Frank spots a Harley-Davidson 'knucklehead'. (S)(AD)

8.00 Extraordinary Extensions

**7.00 News** (S)

**8.00 Extraordinary Extensions** New edition A couple start to renovate an old Canterbury B&B by adding an extension – only to find a wartime bomb shelter in the garden. Plus, a bungalow is transformed into a 1960s time capsule. (S)(AD)

**9.00 NEW SERIES Spy Next Door: The Anna Chapman Story** 1/2. The story of Anna Chapman, the Russian-born business mogul unmasked by the FBI in 2010 for her part in a spy ring. (S)(AD)
■ Concludes tomorrow

**10.00 24 Hours in A&E** Focusing on the stories of patients who have proved an inspiration to their families, detailing how they have jointly faced major challenges. (S)(R)
11.05 **999: On the Front Line** Paramedics treat a woman in the advanced stages of labour. (S)(R)
12.10 AM **Celebrity Hunted** (S)(R)(AD)
2.00 **Ramsay's Hotel Hell** (S)(R)(AD)
2.50 **Dover 24/7: Britain's Busiest Port** The cargo team unload 3,000 tons of steel. (S)(SL)(R)(AD)
3.45 **Fur Babies** (S)(SL)(R)(AD)
4.40 **Kirstie's House of Craft** (S)(R)
4.55 **Couples Come Dine with Me** (R)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

## 5

105 105 | 105 | 5 | 105 | 105 | 5

**5.35** AM **Milkshake!**
**9.15** **Jeremy Vine** (S)
**11.30** **Storm & Alexis** (S)
**12.45** PM **News** (S)
**12.50** **Matt Allwright** (S)
**2.20** **FILM Deadly Secrets** Thriller with Lizzie Boys and Tyson Arner. (S) (2023, PG, 100min) ★★
**4.00** **Castle** *At Close Range:* 18/23. Detective Ryan finds himself in the middle of an assassination plot. (S7) (S)(R)
**4.55** **Love Nature** A visit to an edible forest garden in Holywood, Co Down. (S)(R)
**5.00** **News** (S)
**6.00** **Sicily: Jewel of the Med** Cameras focus on the largest island in the Mediterranean, home to Mount Etna. (S)(R)
**6.55** **News** (S)

**9.00** **999: Critical Condition**

**7.00** **Car Pound Cops** Documentary tracking cars as they are seized for a variety of offences. (S)(R)
**7.55** **News** (S)

**8.00** **NEW SERIES Casualty 24/7: Every Second Counts** A 82-year-old woman is brought to Barnsley A&E after suffering a fall in her kitchen, and a 78-year-old caretaker has dangerously low oxygen levels. (S)

**9.00** **999: Critical Condition** New edition A woman fights for her life after an unexplained collapse, and an 82-year-old's life is at risk of pneumonia after sustaining multiple chest injuries. (S)

**10.00** **Ambulance: Code Red** Medical professionals treat a man who has collapsed at the wheel of his car, a 72-year-old with an open fracture, and a 22-year-old suffering from a prolonged epileptic seizure. (S)(R)(AD)

**11.05** **Cause of Death** (S)(R)
**12.05** AM **A&E After Dark** (S)(R)(AD)
**1.00** **Teleshopping** (S)(R)
**2.00** **GPs: Behind Closed Doors** An overnight patient with a kidney infection. (S)(R)
**2.50** **Castle** As 4.00pm. (S)(R)
**3.40** **Friends** (S3&4) (S)(R)(AD)
**4.35** **Cruising with Susan Calman** Canary Islands. (S)(SL)(R)(AD)
**5.25** **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

## SKY ONE

106 106 | 109 | 346 | 361

**6.00** AM **Mornings**
**7.00** **Mornings with Ridge and Frost**
**8.00** **Stargate SG-1** (S6) (S)(R)
**10.00** **Will & Grace** (S11) (S)(R)(AD)
**11.00** **The Simpsons** (S)(R)
**12.00** NOON **Ningaloo: Australia's Ocean Wonder** (S)(R)
**1.00** PM **Hawaii Five-0** (S7) (S)(R)
**3.00** **S.W.A.T.** (S1) (S)(R)(AD)
**5.00** **The Simpsons** / *Married Marge:* Homer reminisces about life with Marge. (S)(R) **5.30** *Flaming Moe's:* Homer invents a new drink. (S)(R)
**6.00** **Animal Control** 10/12. When Frank and Daisy lose $5,000 in union funds, they try to win the money back by gambling. (S)(R) **6.30** 11/12. A film star shadows Frank for his role as an animal control officer. (S4) (S)(R)

**9.00** **Lethal Weapon**

**7.00** **The Simpsons** *Radio Bart:* Bart uses a radio transmitter to trick the people of Springfield. (S)(R) **7.30** *Lisa the Greek:* Lisa feels neglected by Homer and tries to worm her way into his affections. (S)(R)

**8.00** **A League of Their Own: The Rally** 3/3. The race ends in Turin, where Jamie Redknapp, Jill Scott, Micah Richards and Tom Davis fight for points and face Romesh Ranganathan's final challenge. (S)(R)

**9.00** **FILM Lethal Weapon** Action thriller starring Mel Gibson and Danny Glover. LA police detective Roger Murtaugh, a 50-year-old family man, is alarmed to be partnered with volatile cop Martin Riggs, but he comes to see the benefit of having a 'lethal weapon' at his side when they take on a vicious drugs ring. (S) (1987, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

**11.00** **Animal Control** (S4) (S)(R)
**12.00** M'T **Grimm** 11/13. Eve embarks on a mission to take on the mysterious force she saw in the mirror, which lands her in unfamiliar territory. (S6) (S)(R)
**1.00** AM **The Force: Manchester** Officers respond to a series of alcohol-related incidents. (S)(R)
**2.00** **Road Wars** Officers pursue a drug dealer on the M5. (S)(R)
**3.00** **Hawaii Five-0** (S7) (S)(R)
**4.00** **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

## LOCAL VARIATIONS

### BBC1

**SCOTLAND**
Sky **964**, Virgin **862**, Freesat **964**
**12.25am** Scotcast (S)(R) **12.55** The Hit List Celebrity Special (S)(R) **1.40** Weather for the Week Ahead (S) **1.45-6.00am** BBC News (S)

**N. IRELAND**
Sky **966**, Virgin **863**, Freesat **966**
**10.40pm NEW SERIES** The Big Deal with Steph McGovern (S) **11.40** MOTD: UEFA Super Cup Highlights (S) **12.10am FILM** Red Eye (S)(AD) (2005, 12, 80min) ★★★★ **1.30-6.00am** BBC News (S)

**WALES**
Sky **965**, Virgin **864**, Freesat **965**
**11.10pm** Undercover: Cancer Cure or Con? (S)(R) **11.30 FILM** Red Eye: As N. Ireland. **12.45-6.00am** BBC News (S)

### BBC2

**N. IRELAND**
Sky **969**, Freesat **969**
No variations

**WALES**
Sky **968**, Freesat **968**
No variations

### ITV1

No variations

### S4C

Sky **134**, Virgin **164**, Freesat **120**
**6.00am** Cyw **11.00** Camau Bach **12.00noon** Newyddion a'r Tywydd **12.05pm** Cartrefi Cymru **12.30** Heno **1.00** Gwlad y Basg: Gwilym Bowen Rhys **1.30** Garddio a Mwy **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Sioe Môn **4.00** Awr Fawr **5.00** Stwnsh **6.00** Dan Do **6.30** Adeiladu'r Freuddwyd: Camp Out West **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Cartrefi Cymru **8.55** Newyddion a'r Tywydd **9.00 NEW** Sioe Môn **10.00** Y Deis **10.30-11.35pm** Ty Ffit

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## BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

**7.00** PM **The Catch Up**
**7.05** **Deadly 60** Steve Backshall encounters a king cobra. **7.30** A visit to the Philippines.
**8.00** **Top Gear** Richard Hammond meets a rally team made up of amputees.
**9.00** **Top Gear** Jeremy Clarkson, James May, Richard Hammond take on their Australian counterparts.
**10.00** **Guy Montgomery's Guy Mont-Spelling Bee** New edition 3/10. Guy and Aaron Chen return with a fresh panel of comedians attempting to Spell the Difference and make their home towns proud.
**10.50** **Guy Montgomery's Guy Mont-Spelling Bee** New edition 4/10. Guy challenges the contestants to wear and spell their hats as Aaron Chen debuts his side hustle. ■ Entire series on BBC iPlayer
**11.35** **This Country** 1-6/6. (S1)
**2.00** AM **Dinosaur** 4-6/6. (S1)
**3.25** **to 3.45** AM **My Mate's a Bad Date**

## BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

**7.00** PM **Villages by the Sea** Ben Robinson visits the village of Culross in Fife.
**7.30** **Wainwright Walks** Julia Bradbury climbs Castle Crag.
**8.00** **The Treasures of Ancient Rome** 3/3. Alastair Sooke explores ancient Roman art.
**9.00** **Mary Beard's Ultimate Rome: Empire Without Limit** 2/4. The scholar explores the physical world of the Roman Empire.
**10.00** **I, Claudius** *Some Justice:* 5/12. Piso and his wife are charged with Germanicus's murder. As the trial proceeds, the couple decide the only way out is a joint suicide. **10.50** 6/12. Livilla looks for a way to be free of Castor so she and Sejanus can be together. (S1)
**11.45** **The Treasures of Ancient Rome** As 8.00pm.
**12.45** AM **Inside the Bat Cave**
**1.45** **Wainwright Walks**
**2.15** **Villages by the Sea**
**2.45** **to 3.45** AM **Mary Beard's Ultimate Rome: Empire Without Limit**

## MORE4

136/137 127 | 147 | 18 | 124 | 15

**8.55** AM **Find It, Fix It, Flog It**
**10.00** **Four in a Bed**
**12.40** PM **Come Dine with Me** Five editions of the culinary contest from Sheffield.
**3.20** **Four in a Bed** Five editions of the B&B challenge.
**5.50** **Car S.O.S** Fuzz Townshend and Tim Shaw secretly restore a 1969 Lancia Fulvia 1.3 Rallye in Aberfeldy.
**6.50** **Car S.O.S** Tim and Fuzz take on possibly their most obscure car to date, a 1964 trials competition car.
**7.55** **Grand Designs** Presenter Kevin McCloud meets Paul and Amy, who are building a giant new home on a 16-acre plot in Lincolnshire.
**9.00** **The Roman Empire by Train with Alice Roberts** 2/6. Alice heads seven miles south of Naples to the preserved remains of Herculaneum, while in Capua's giant amphitheatre, she handles the world's most famous sword.
**10.00** **24 Hours in Police Custody** Police investigate a knife and gun attack on the doorstep of a man's house.
**11.05** **24 Hours in A&E**
**12.10** AM **Emergency Helicopter Medics**
**1.15** **24 Hours in Police Custody** As 1000pm.
**2.15** **24 Hours in A&E**
**3.20** **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

## E4

135/136 126 | 106 | 13 | 122 | 13

**6.00** AM **Hollyoaks**
**6.55** **Rude(ish) Tube Shorts**
**7.00** **Couples Come Dine with Me** From Coventry.
**8.00** **Ramsay's Kitchen Nightmares USA**
**10.00** **America's Funniest Home Videos** The perils of a safari.
**11.00** **Below Deck: Mediterranean**
**12.00** NOON **The Simpsons**
**2.00** PM **Brooklyn Nine-Nine**
**3.00** **Modern Family**
**5.00** **The Simpsons** Triple bill.
**6.30** **Hollyoaks** Abigail is smitten, and Cleo makes a decision. **7.00** Dee Dee finds Abigail having a breakdown.
**7.30** **The Simpsons** *Another Simpsons Clip Show:* The family members reminisce.
**8.00** **Vanderpump Rules** New edition Audrey starts to rethink her relationship with Chris.
**9.00** **Gogglebox** Reviews of *Married at First Sight Australia* and *Jamie's £1 Wonders.*
**10.00** **Gogglebox** Opinions on *Starstruck* and *MILF Manor.*
**11.00** **Naked Attraction**
**12.00** M'T **First Dates**
**1.05** AM **Gogglebox**
**2.10** **Vanderpump Rules**
**3.00** **Ramsay's Kitchen Nightmares USA**
**3.50** **The Simpsons**
**4.15** **The Goldbergs**
**5.05** **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 | 306 | 30 | 123 | 256

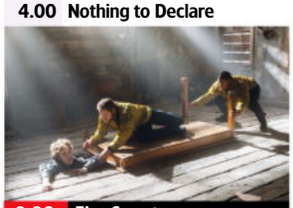
# WEDNESDAY Entertainment

Wednesday

## Sky Witness

107 107 110 341 356

- 6.00 AM **Bondi Rescue**
- 7.00 **Border Patrol**
- 8.00 **Send in the Dogs**
- 9.00 **Brit Cops: Law & Disorder**
- 10.00 **Stop, Search, Seize**
- 11.00 **Police 24/7**
- 12.00 NOON **FBI & FBI: Most Wanted** Crossover episode.
- 2.00 PM **The Rookie** 11/22. The team find themselves in the middle of a gang war. (S5)
- 3.00 **Law & Order: Criminal Intent** 11/16. A congressman's daughter is found dead. (S9)
- 4.00 **Nothing to Declare**



9.00 Fire Country

## Sky Atlantic

108/109 108/109 111 342 357

- 6.00 AM **Fish Town**
- 8.00 **Billions** 5&6/12. (S5)
- 10.15 **House of the Dragon** (S1)
- 12.35 PM **Homicide: Life on the Street** 2&3/22. (S5)
- 2.30 **Billions** 5&6/12. (S5)
- 4.40 **The Last of Us** 7/9. Joel fights to survive and Ellie looks back on the night that changed everything. **5.40** 8/9. Ellie encounters vengeful survivors. (S1)
- 6.35 **House of the Dragon** 3/10. Daemon and the Sea Snake battle the Crabfeeder. (S1)

4.40 The Last of Us

## ITV2

118 122 115 6 113 6

- 6.00 AM **Highlights**
- 8.20 **Real Housewives of Orange County** Reality series.
- 9.15 **The Only Way Is Essex**
- 10.15 **Dawson's Creek** 8/13. (S1)
- 11.10 **Charmed** 8/22. (S1)
- 12.10 PM **Deal or No Deal**
- 1.10 **Supermarket Sweep**
- 2.10 **The Floor** Game show.
- 3.10 **The Only Way Is Essex**
- 4.10 **Real Housewives of Potomac** Reality series.
- 5.00 **Real Housewives of Beverly Hills** Reality series.
- 6.00 **Celebrity Catchphrase**

7.00 The Floor

## ITV3

119 123 117 10 115 7

- 6.00 AM **George and Mildred**
- 7.05 **Classic Emmerdale**
- 8.10 **Classic Coronation Street**
- 9.10 **Agatha Christie's Poirot**
- 11.30 **Heartbeat** Double bill.
- 1.35 PM **Midsomer Murders** *The Devil's Work:* The death of an ancient estate's patriarch leads to rivalry and murder.
- 3.35 **Classic Emmerdale**
- 4.40 **Classic Coronation Street**
- 5.50 **Heartbeat** *Harmony:* Bellamy thinks he's pulled off a coup when he spies a dangerous armed robber, but he escapes.

8.00 Midsomer Murders

## ITV4

120 124 118 26 117 21

- 6.00 AM **Magnum, PI**
- 8.00 **Robin of Sherwood**
- 9.10 **Boon**
- 10.15 **The Professionals**
- 11.20 **Robin of Sherwood**
- 12.30 PM **Magnum, PI**
- 2.35 **The Casebook of Sherlock Holmes** Murder mystery.
- 3.45 **Boon**
- 4.50 **The Professionals** *Long Shot:* Bodie and Doyle learn an assassin is in town.
- 5.50 **Minder** *Rembrandt Doesn't Live Here Any More:* Terry takes a job at a strip club.

9.00 Robocop 2

### 7 PM

**7.00 Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

**7.45 House of the Dragon** *King of the Narrow Sea:* 4/10. Rhaenyra continues her search for a suitable match, while Daemon returns to Kings Landing and stirs up even more trouble for the king. (S1)

**7.00 The Floor** Rob Brydon hosts the game show as 73 remaining contestants fight for more squares and a £5,000 bonus.

**6.55 Heartbeat** *No Man's Land:* A land dispute over a right of way gets out of hand and soon spirals into violence.

**6.55 Aussie Pickers** Tasmania is calling as Lucas Callaghan and Adam McDonald visit the island for some devilish exploits.

### 8 PM

**8.00 Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

**8.00 The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

**8.00 Midsomer Murders** *The Sleeper Under the Hill:* A farmer is found dead at a sacred stone circle in Midsomer Mow and suspicion initially falls on local druids, but Barnaby is convinced greed rather than spiritualism is the motive.

**8.00 King of the Roads** More action from the Armoy Race of Legends in County Antrim, round seven of the campaign.

### 9 PM

**9.00 Fire Country** New episode *Best Mom in the World:* 7/20. Sharon is blindsided by a visit from her estranged mother. (S4)

**9.00 House of the Dragon** 8/8. *Game of Thrones* prequel following the story of House Targaryen. Stars Matt Smith. (S3)

**9.00 Family Guy** 9/21. Peter runs Carter's company. **9.30** 10/21. Peter bangs his head and develops amnesia. (S8)

**9.00 FILM RoboCop 2** Sci-fi action thriller sequel starring Peter Weller as the indestructible robotic law enforcer, here tackling corporate corruption and a designer drug dealer on the streets of future Detroit. With Nancy Allen. (1990, 18, 114min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

### 10 PM

**10.00 FBI: International** *Call It Anarchy:* 6/22. Vo's friend from the US Navy calls in a favour to help find her missing nephew. (S2)

**10.25 Station Eleven** *The Severn City Airport:* 5/10. Elizabeth, Tyler and Clark confront an even more uncertain future. (S1)

**10.00 Family Guy** 3/21. Stewie and Brian discover their new neighbours are spies. **10.30** 4/21. Brian dates an older woman. (S8)

**10.00 Grantchester** 5/8. A murder at Esme's office sends shockwaves through the Keating family. (S9)

- 11.00 **The Rookie** 7/22. (S5)
- 12.00 M'T **FBI** 11&12/19. (S2)
- 2.00 AM **CIA** New episode 4/12. Crime drama. (S1)
- 3.00 **FBI: Most Wanted** 3/22. (S3)
- 4.00 **Motorway Patrol**
- 5.00 **to 6.00** AM **Border Security: Canada's Front Line**

- 11.25 **Station Eleven** 6/10. Kirsten leaves the Traveling Symphony to track down the Prophet. (S1)
- 12.25 AM **House of the Dragon** 3&4/8. Double bill of the *Game of Thrones* prequel. (S3)
- 2.45 **Billions** 5&6/12. (S5)
- 5.05 **to 6.00** AM **The Guest Wing**

- 11.05 **Family Guy** 5/21. Stewie discovers a teenage pop star's surprising secret. (S8)
- 11.35 **American Dad!** (S4&16)
- 12.35 AM **Bob's Burgers** (S13)
- 1.30 **G'wed** 4/6. (S1)
- 2.00 **Transaction** 1/6. (S1)
- 2.25 **to 3.00** AM **Unwind with ITV**

- 11.00 **Grantchester** 6/8. A professor of archaeology is found murdered at a dig site. (S9)
- 11.50 **Trial & Retribution** 9/10. Part one of two. A police commander is murdered. (S10)
- 1.25 AM **Agatha Christie's Poirot**
- 2.20 **to 2.30** AM **Unwind with ITV**

- 11.15 **Wrestling: AEW Collision** High-flying, hard-hitting wrestling action, featuring stars including FTR, Thunder Rosa, Jon Moxley and Jay White.
- 1.15 AM **The Professionals**
- 2.15 **Two and a Half Men**
- 2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 207 310 | +1 hour 208/209 | +1 hour 218 315 29 114 254 | +1 hour 219 317 116 | +1 hour 220 318 118

## BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

- 12.00 NOON **This Is BBC Scotland**
- 7.00 PM **Reporting Scotland**
- 7.30 **Scotland's Home of the Year** The judges visit houses in Fife, North Berwick and Linlithgow.
- 8.00 **Island Crossings** Ferry breakdowns threaten to maroon islanders over Easter.
- 9.00 **Black Black Oil** Examining Scotland's economic, historical and emotional entanglement with North Sea oil.
- 10.00 **River City** New episode Tommy collapses after being diagnosed with a concussion.
- 10.30 **Icons of Football** Profile of Gary McAllister.
- 11.00 **Scotcast** Topical debate.
- 11.30 PM **to 12.00** M'T **The Trials That Shocked Scotland** A man accused of the murder of a well-known gangland figure.

## Sky Comedy

113/114 109/110 112 347 362

- 8.00 AM **Will & Grace** (S3)
- 9.00 **Sort Of** 1&2/8. (S2)
- 10.00 **Upright** 3&4/8. (S2)
- 11.15 **Will & Grace** (S7)
- 12.15 PM **The Comeback** (S3)
- 1.45 **Upright** 3&4/8. (S2)
- 2.55 **Will & Grace** (S7)
- 4.00 **The Office Movers** (S1)
- 5.00 **Community** (S1)
- 6.00 **Will & Grace** (S7)
- 7.00 **The Office (US)** 8/28. Michael is sent on a trip to Canada, joined by Oscar and Andy. **7.30** 9/28. Michael tries to frame Toby after finding out he is back in the office. (S5)
- 8.00 **The Office Movers** (S1)
- 9.00 **Last Week Tonight with John Oliver** Talk show.
- 9.45 **Tom Davis: Underdog** Stand-up performance.
- 11.00 **The Reluctant Landlord**
- 12.00 M'T **The Office Movers**
- 1.00 AM **The Comeback** (S3)
- 1.40 **Community** (S1&2)
- 2.40 **Upright** 6&7/8. (S2)
- 4.00 **to 5.00** AM **Sort Of**

## Sky Arts

122/123 112/113 123 36 143 24 350 365

- 6.00 AM **Classic FM Live at the Movies**
- 8.00 **Artist of the Year: Masterclass**
- 9.00 **Tales of the Unexpected**
- 10.00 **Hitchcock Presents**
- 11.00 **Discovering**
- 12.00 NOON **The Art of Film...**
- 1.00 PM **Tales of the...**
- 2.00 **Alfred Hitchcock Hour**
- 3.00 **The Eighties**
- 4.00 **Discovering**
- 5.00 **Portrait Artist 2022**
- 6.00 **Tales of the Unexpected**
- 7.00 **Hitchcock Presents**
- 8.00 **Voices of the Valleys** New edition
- 9.00 **Battle of the Irish Dancers** Documentary.
- 10.00 **The Eighties**
- 11.00 **The Art of Architecture**
- 12.00 M'T **The Pilgrimage of Gilbert & George**
- 2.00 AM **Statues Redressed**
- 4.00 **Skinner & Mina's Literary Road Trip**
- 5.00 **to 6.00** AM **The Art of Film with Ian Nathan**

## Sky Mix

151 158 156 11 141 23

- 7.00 AM **Border Security: Canada's Front Line**
- 8.00 **Border Patrol**
- 9.00 **Nothing to Declare**
- 11.00 **Border Security: America's Front Line**
- 12.00 NOON **Caught on Dashcam** Road disasters.
- 1.00 PM **Police 24/7**
- 2.00 **Nothing to Declare**
- 4.00 **Star Trek: Deep Space Nine** 3/26. (S6)
- 5.00 **Stargate SG-1** (S8)
- 6.00 **Stargate Universe** (S2)
- 7.00 **Star Trek: The Next Generation** *Silicon Avatar:* 4/26. (S5)
- 8.00 **Police 24/7** Police look into a drive-by shooting.
- 9.00 **FBI: Most Wanted** (S3)
- 10.00 **The Rookie** 16/22. (S4)
- 11.00 **Grimm** 3/22. (S1)
- 12.00 M'T **Fantasy Island** (S2)
- 1.00 AM **Police 24/7**
- 2.00 **Road Wars**
- 3.00 **Highway Patrol**
- 4.00 **Border Patrol**
- 5.00 **to 6.00** AM **Highway Patrol**

## ITV Quiz

131/132 125 119 28 119 22

- 9.00 AM **Deal or No Deal**
- 10.00 **Tipping Point** Triple bill.
- 1.00 PM **Lingo** Adil Ray hosts the word-based quiz.
- 2.00 **Tenable** A team of five podcast-producing friends take part.
- 3.00 **Wheel of Fortune** Graham Norton hosts the game show.
- 4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
- 5.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant tries to open the 22 red boxes in the right order.
- 6.00 **Lingo** Triple bill of the word-based quiz show.
- 9.00 **Supermarket Sweep** Rylan Clark is joined by 2019 *Love Island* stars Anton, Belle, Ovie, India, Chris and Harley.
- 10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
- 12.55 AM **Tenable** Quiz show.
- 1.50 **Ridiculous** Quiz show.
- 2.40 **to 3.00** AM **Unwind**

## 4seven

137/138 163 143 49 127 16

- 9.00 AM **American Pickers**
- 10.00 **Find It, Fix It, Flog It**
- 11.00 **Saving Country Houses with Penelope Keith**
- 12.00 NOON **A Place in the Sun** Triple bill.
- 3.00 PM **Come Dine with Me**
- 5.30 **A Place in the Sun**
- 7.00 **Renovation Rescue** A retired artist needs help renovating her home near the sea.
- 8.00 **Dover 24/7: Britain's Busiest Port** Staff mark the port's role in two world wars.
- 9.00 **The Piano** Claudia Winkleman and Mika are joined by pianist Alice Sara Ott in Manchester.
- 10.00 **FILM The Contractor** Drama with Chris Pine. (2022, 15, 103min) ★★★
- 12.05 AM **Gogglebox**
- 1.05 **Social Media Monsters**
- 2.10 **Crime Scene Cleaners**
- 3.10 **Naked Attraction**
- 4.10 **to 4.55** AM **Surgery Secrets of the Super Rich**



★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

## Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise**. (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S4)
2.00 **Warehouse 13** 6&7/20. (S4)
4.00 **Stargate SG-1** 6/20. (S8)
5.00 **Star Trek: Voyager** 22/26. Torres crashes the shuttle and finds herself stranded on a remote planet. (S6)
6.00 **Star Trek: Enterprise** 19/24. The crew members recover from a deadly Xindi assault, but the ship is crippled. (S3)

10.00 Grimm

7.00 **Stargate Atlantis** *Be All My Sins Remember'd:* 11/20. Part two of two. The crew try to ally with the Wraith. (S4)

8.00 **Stargate SG-1** *Avatar:* 6/20. Teal'c finds himself trapped in a virtual-reality simulation. (S8)

9.00 **Resident Alien** *Alien Dinner Party:* 8/16. Everyone gathers for a surprise party in celebration of Harry. (S2)

10.00 **Grimm** *El Cuegle:* 4/13. Nick, Hank and Wu investigate a terrifying new Wesen that is terrorising a young family. (S6)
11.00 **The Walking Dead** 16/16. The Alexandrians continue to pursue their intricate plan. (S7)
12.15 AM **Resident Alien** 7/16. Harry and Asta find what they are looking for – but not what they need. (S2)
1.05 **Warehouse 13** 6&7/20. (S4)
2.45 **The Walking Dead** (S7)
4.00 **to 6.00** AM **Most Haunted**

## U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S8)
9.00 **Shakespeare & Hathaway: Private Investigators** (S3)
10.00 **The Mentalist** 19/22. (S5)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Body of Proof** (S2)
1.00 PM **Death in Paradise** (S12)
2.00 **Murdoch Mysteries** (S8)
4.00 **The Mentalist** 19/22. (S5)
5.00 **Hudson & Rex** 16/16. Jesse's music teacher is killed. (S6)
6.00 **Body of Proof** 1/20. Megan investigates a fatal car crash in a seemingly perfect neighbourhood. (S2)

9.10 Death in Paradise

7.00 **Private Eyes** *A Fare to Remember:* 13/18. Shade and Angie are taken on a wild ride during a routine sting operation. (S2)

8.00 **Bookish** *Deadly Nitrate – Part One:* 3/6. There's excitement in the air when a film crew arrive at Archangel Lane – until an extra drops dead after being poisoned. (S1)
9.10 **Death in Paradise** *A Calypso Caramba:* 8/8. The team investigate the murder of a calypso singer's husband. (S12)
10.10 **Father Brown** *The Invisible Friends:* Murder threatens to derail the live broadcast of an agricultural radio drama.
11.10 **Private Eyes** As 7.00pm.
12.10 AM **Shakespeare & Hathaway: Private Investigators** 3/10. (S3)
1.10 **Death in Paradise** As 9.10pm.
2.10 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

## U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.00 **The Green Green Grass**
9.40 **Are You Being Served?**
10.20 **Last of the Summer Wine**
11.35 **Dad** Sitcom.
12.15 PM **Only Fools and Horses**
1.00 **Keeping Up Appearances**
1.35 **Dad's Army**
2.20 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Dad** Sitcom.
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

11.00 Mrs Brown's Boys

7.00 **Only Fools and Horses** Rodney unwittingly causes a family crisis.
7.40 **Dad's Army** The Home Guard heroes use up all their ammunition shooting at a passing aircraft.
8.20 **Are You Being Served?** Mr Humphries takes over the perfume display.

9.00 **Porridge** The prison inmates face a day of hard labour digging drains.
9.40 **The Office** David makes easy money moonlighting at a business seminar.
10.20 **Not Going Out** A noisy neighbour moves in.

11.00 **Mrs Brown's Boys** The family await the fruits of their fraud.
11.40 **Porridge** As 9.00pm.
12.20 AM **The Office** As 9.40pm.
1.00 **Not Going Out** As 10.20pm.
1.35 **Mrs Brown's Boys**
2.25 **Don't Wait Up**
2.55 **Dad** Sitcom.
3.25 **to 4.00** AM **The Green Green Grass**

+1 hour 210/211 324

## U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Cornwall**
11.20 **Yukon Gold** Documentary.
12.15 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Guy Martin: Proper Jobs**
4.00 **Hairy Bikers' Best of British**
5.00 **Rick Stein's Cornwall** Four editions, including at: **6.30** Rick visits West Penwith, including Lamorna Cove and the mining area of Botallack.

7.00 Mortimer & Whitehouse

7.00 **Mortimer & Whitehouse: Gone Fishing** With guest Feargal Sharkey.
7.40 **Would I Lie to You?** Guests Mel Giedroyc, Bob Mortimer, Adil Ray and Kian Egan take part. **8.20** With Miles Jupp, Heston Blumenthal, Emilia Fox and Ed Byrne.

9.00 **QI XL** Sandi Toksvig hosts as *QI* goes voyaging with panellists Joe Lycett, Nabil Abdulrashid, Lou Sanders and Alan Davies.

10.00 **Have I Got a Bit More News for You** Martin Clunes hosts the satirical quiz, with guests Helen Lewis and Ian Smith.
11.00 **Taskmaster**
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Ed Byrne.
3.05 **Richard Osman's House of Games** With Milton Jones.
3.35 **to 4.00** AM **Parks and Recreation**

+1 hour 211/212 327 74 259

## U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.35 **Classic Holby City**
10.50 **Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.00 **Classic Neighbours**
3.00 **Whitstable Pearl**
4.05 **Lovejoy**
5.20 **As Time Goes By**
6.00 **Last of the Summer Wine** Foggy celebrates the Queen's Silver Jubilee. **6.40** Clegg attends the funeral of an old friend.

8.00 The Chelsea Detective

7.20 **Last of the Summer Wine** Compo and Clegg gatecrash Foggy's trip to see a friend in Wales.

8.00 **The Chelsea Detective** *A Crime of Passion – Part One:* 7/9. A young man is found brutally stabbed in his own home.

9.00 **The Chelsea Detective** *A Crime of Passion – Part Two:* 8/9. Investigations reveal that Kai had broken into Jack's house. (S2)

10.00 **New Tricks** *Left Field:* After being released from jail, a paedophile admits to the murder of a child 25 years previously, leaving the detectives wary of his motives.
11.20 **Luther** 2/4. Jenny's boss seeks revenge against Luther. (S2)
12.40 AM **Lovejoy**
1.50 **Sister Boniface Mysteries**
2.40 **to 4.00** AM **Hotel Portofino**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

## 5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 7-9/23. (S1)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *A Weak Link:* 22/23. A Navy SEAL dies during a training exercise. **7.00** *Reveille:* 23/23. A terrorist plots to kill the US president. (S1) **8.00** *See No Evil:* 1/23. A US Navy captain is held hostage while his wife and blind daughter are abducted. (S2)
9.00 **Jesse Stone: Lost in Paradise** Crime thriller sequel starring Tom Selleck and Kohl Sudduth. The police chief heads to Boston to investigate a murder case in which the prime suspect is behind bars.
10.50 **Law & Order: Special Victims Unit** (S19)
12.50 AM **Law & Order: Special Victims Unit**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

## 5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **Casualty 24/7: Every Second Counts** A key member of staff calls in sick at the last minute.
8.00 **GPs: Behind Closed Doors** Medical series.
9.00 **FILM The Transporter** Thriller starring Jason Statham and Shu Qi. (2002, 15, 88min) ★★★
10.55 **Special Forces: Most Daring Missions** Looking back at some of the Special Forces' most spectacular missions.
11.55 **Scam City**
1.00 AM **Cold Case Killers**
2.00 **Police Interceptors**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

## 5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
10.00 **Police Interceptors**
11.00 **Gunsmoke** (S12)
12.00 NOON **FILM The Outcast** Western starring John Derek. (1954, U, 90min) ★★
1.50 PM **FILM Track of the Cat** Western starring Robert Mitchum. (1954, PG, 102min) ★★★★
4.00 **Highway Thru Hell**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Police: Night Shift 999**
11.00 **The X-Files** 17/20. (S5)
12.00 M'T **Walker** New episode 3/18. The ranger's childhood best friend returns. (S1)
1.00 AM **Outback Truckers**
2.00 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

## U&W

132/133 131/133 125 25 156 28

6.15 AM **Property Brothers: Forever Homes**
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
5.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition It's Family Favourites Week, and online chef Andy Cooks is on the hunt for the ultimate breakfast.
8.25 **Nigella: At My Table** A selection of dishes to share around the table.
9.00 **Signora Volpe** *A Debt of Honour:* 1/3. The police arrest Antonella's friend for the murder of a community leader. (S2)
11.00 **First Responders**
1.00 AM **Inside the Ambulance**
1.35 **to 3.00** AM **Sort Your Life Out with Stacey Solomon**

+1 hour 232/233 325

## U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash: Restoring Classics**
10.00 **Secret Nazi Bases**
11.00 **Hitler's Countdown to War** Documentary.
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Secret Nazi Bases**
5.00 **Hitler's Countdown to War** Documentary.
6.00 **Antiques Roadshow**
7.00 **A Perfect Planet** The impact of the uneven distribution of fresh water around the globe.
8.00 **Michael Palin: Travels of a Lifetime**
9.00 **Simon Reeve's South America** From Bolivia.
10.00 **Bangers & Cash**
12.00 M'T **Bangers & Cash: Restoring Classics**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

## Really

142 153 165 44 149 40

6.00 AM **Celebrity Fantasy Homes** Shane Lynch.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Celebrity Yorkshire Auction House** Wayne Sleep.
1.00 PM **The Yorkshire Auction House**
2.00 **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Who Do You Think You Are?** With Joe Sugg.
6.00 **The Repair Shop**
7.00 **The Yorkshire Auction House** Featuring a collection of motorbikes.
8.00 **Antiques Road Trip**
9.00 **Long Lost Family**
10.00 **Who Do You Think You Are?** With singer Melanie Chisholm.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

# WEDNESDAY Entertainment

Wednesday

## Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S6)
9.00 **Bramwell** 3/7. (S1)
10.00 **The Irish RM** 3/6. (S1)
11.00 **Little House on the Prairie** 21&22/22. (S2)
1.00 PM **The Waltons** (S6)
4.00 **Little House on the Prairie** 21&22/22. (S2)
6.00 **The Irish RM** 3/6. (S1)
7.00 **M*A*S*H** 1/24. Hawkeye has to raise money for Ho-Jon's tuition. **7.30** 2/24. Hawkeye tries to strike a deal. **8.00** 3/24. Trapper enters the boxing ring. **8.30** 4/24. Hawkeye is made chief surgeon. (S1)
9.00 **Sparkling Cyanide** Agatha Christie mystery with Anthony Andrews and Deborah Raffin.
11.00 **M*A*S*H** 1–4/24. (S1)
1.00 AM **Rising Damp** (S1)
1.30 **Man About the House**
2.00 **Air Rescue** Double bill.
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

## Great! Action

318 317 426 42 33

9.00 AM **Wanted: Dead or Alive** 4/32. (S2)
9.30 **Murder Maps**
10.30 **FILM Bomb at 10:10** Wartime drama starring George Montgomery. (1967, PG, 88min) ★★
12.30 PM **The Unit** (S2)
1.30 **Burn Notice** (S3)
3.30 **FILM Bunraku** Fantasy starring Josh Hartnett. (2010, 15, 119min) ★★★
6.00 **The Unit** 5/23. (S2)
7.00 **Burn Notice** (S3)
9.00 **FILM Mercenary for Justice** Action thriller starring Steven Seagal and Jacqueline Lord. (2006, 18, 91 min) ★★
11.05 **The Avengers**
12.05 AM **The New Avengers**
1.05 **The Persuaders!**
2.05 **FILM Firequake** Sci-fi disaster movie starring Alexandra Paul. (2014, 12, 90min) ★
3.50 **Coast Guard Alaska**
4.35 **to 6.00** AM **Air Rescue**

+1 hour 319

## Great! Mystery

320 318 425 50 48

8.10 AM **FILM Ruby Herring Mysteries: Prediction Murder** Crime drama. (2020, PG, 89min) ★★
10.10 **Hailey Dean Mysteries**
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S4)
2.00 **Castle** 21/23. (S4)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 23/23. (S4)
8.00 **Unforgettable** (S4)
9.00 **In Plain Sight** (S4)
10.00 **Hailey Dean Mysteries** *Killer Sentence:* District Attorney Paulina D'Orazio is accused of murder.
11.50 **FILM Martha's Vineyard Mysteries: Riddled with Deceit** Drama starring Jesse Metcalfe. (2020, PG, 85min) ★★
1.45 AM **FILM Nanny Beware** Thriller with Lesa Wilson. (2023, 15, 92min) ★★
3.25 **to 5.00** AM **FILM Fatal Justice** Crime drama. (2012, PG, 80min) ★

+1 hour 321

## Great! Romance

322 319 424 52 47

8.10 AM **FILM The Wedding Rule** Romantic comedy. (2023, U, 90min) ★★
10.05 **FILM Our Take on Love** Drama. (2022, PG) ★★
12.05 PM **FILM My One and Only** Romantic drama. (2019, PG, 85min) ★★
2.00 **FILM Flip That Romance** Drama. (2019, PG) ★★
3.55 **FILM Love at Lookout Lake** Romantic comedy. (2025, U, 89min) ★★
5.55 **FILM One Perfect Match** Romantic comedy. (2023, PG, 87min) ★★
7.50 **FILM The Way to the Heart** Comedy drama. (2022, PG, 86min) ★★
9.50 **FILM Dream Wedding** Romantic drama. (2023, U, 89min) ★★
11.50 **FILM Stop the Wedding** Romance. (2016, U, 90min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Flip That Romance** (2019)

+1 hour 323

## Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** In Hampshire.
1.00 PM **My Floating Home**
2.00 **The Two Ronnies in Australia** Sketch show.
3.00 **Garden Rescue**
4.00 **Rick Stein's Food Stories**
4.45 **This Farming Life**
6.00 **The Two Ronnies in Australia** Sketch show.
7.00 **Love Your Garden**
8.00 **Garden Rescue**
9.00 **The Two Ronnies in Australia** Sketch show.
10.00 **FILM Can You Keep It Up for a Week?** Comedy starring Jeremy Bulloch and Richard O'Sullivan. (1974, 18, 94min) ★
12.00 M'T **FILM Cruel Passion** Erotic drama with Koo Stark and Lydia Lisle. (1977, 18, 99min) ★★
2.00 AM **The Two Ronnies in Australia** Sketch show.
3.00 **Love Your Garden**
4.00 **to 5.00** AM **My Floating Home**

## Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge** (S1)
10.30 **The Upper Hand** (S1)
11.00 **The Fenn Street Gang**
11.30 **Mother's Ruin**
12.00 NOON **Man in a Suitcase**
1.00 PM **Two's Company**
1.30 **Agony** 3/6. (S1)
2.00 **Second Thoughts** (S3)
2.30 **The Fenn Street Gang**
3.00 **Mother's Ruin**
3.30 **Randall and Hopkirk...**
4.30 **Old Country** (S2)
5.00 **Stereo Underground**
6.00 **Danger Man** 19/39. (S1)
6.30 **The Upper Hand** (S1)
7.00 **Doctor in Charge** (S1)
7.30 **Man in a Suitcase**
8.30 **Randall and Hopkirk (Deceased)** 9/26. (S1)
9.30 **The New Statesman**
10.00 **FILM Waxwork** Horror. (1988, 18, 97min) ★★
12.00 M'T **FILM Hot Girls for Men Only** (1967, 18) ★★
12.50 AM **Stereo Underground**
1.50 **to 6.00** AM **Highlights**

## DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **Unexplained and Unexplored**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters**
9.00 **Tiny House, Big Living** New editions A business owner wants to buy a retreat in wine country. **9.30** A craftsman plans to build his daughter an expandable home. **10.00** A cheerleader wants a rustic-chic home. **10.30** An active couple want to build a home.
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

## Food Network

144 152 168 43 148 39

6.00 AM **James Martin's Spanish Adventure**
7.00 **Hairy Bikers Go West**
8.00 **Delicious Miss Brown**
9.00 **Jamie's One-Pan Wonders** Double bill.
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go West**
4.00 **Jamie's One-Pan Wonders** Double bill.
5.00 **The Pioneer Woman**
6.00 **James Martin's Islands to Highlands**
7.00 **Great British Bake Off**
9.00 **Sophie Grigson: Slice of Italy** Sophie gets food from a petrol station. **9.30** A vending machine that sells prosecco.
10.00 **Jamie Cooks Italy**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

## Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 7/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 2/22. (S3)
11.00 **FILM Crystal Skulls** Fantasy adventure. (2014, PG, 88min) ★★
1.00 PM **FILM The War Lord** Medieval drama. (1965, PG, 122min) ★★★★
3.15 **FILM Ride in the Whirlwind** Western. (1966, PG, 83min) ★★
5.00 **Star Trek** 15/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 3/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Uncommon Valor** Action adventure. (1983, 15, 105min) ★★★
11.10 **FILM Rules of Engagement** Thriller. (2000, 15, 128min) ★★
1.40 AM **FILM Double Team** Thriller. (1997, 18) ★★
3.30 **to 5.15** AM **FILM The Curse of the Werewolf** Hammer horror chiller. (1961, 12, 92min) ★★★

## Legend Xtra

316 316 171 69 138 51

9.00 AM **FILM Tornado Warning** Sci-fi thriller. (2012, PG, 90min) ★★
11.00 **Andromeda** 17/22. (S4)
12.00 NOON **Jules Verne's Mysterious Island**
2.00 PM **FILM Island of Terror** Horror. (1966, PG, 90min) ★★★
4.00 **Walker, Texas Ranger**
5.00 **Jules Verne's Mysterious Island**
7.00 **Andromeda** 18/22. (S4)
8.00 **The A-Team** 12/25. (S3)
9.00 **FILM The Island** Thriller starring Michael Caine. (1980, 18, 114min) ★
11.25 **FILM Bad Lieutenant** Abel Ferrara's drama with Harvey Keitel. (1992, 18, 98min) ★★★★
1.30 AM **FILM Drive Hard** Thriller starring Thomas Jane and John Cusack. (2014, 15, 92min) ★
3.20 **Jules Verne's Mysterious Island**
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

## Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** Four editions.
9.20 **Canadian Pickers**
1.05 PM **Pawn Stars**
6.00 **Storage Wars**
7.00 **Dickinson's Real Deal** David Dickinson and his team of antiques dealers visit Melton Mowbray. **8.00** From Stockport, Greater Manchester.
9.00 **Weird Britain** New edition The enigmatic creatures and entities known as the fae.
10.00 **Britain's X Files** The story of the Headless Woman at St James' Park. **11.00** Mysteries including vanished pilots and psychic experiments.
12.00 M'T **Secrets in the Dark**
1.00 AM **Mission Unexplained**
2.00 **Court Cam** Double bill.
3.00 **Storage Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

## 5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
11.00 **Ben Fogle: New Lives in the Wild** Panama.
12.00 NOON **All Creatures Great and Small** (S5)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Dorset: Country and Coast** From Dorchester.
6.00 **Great British Ships**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Angela Rippon's River Cruises** Angela concludes her journey along the Danube, beginning in the village of Brandstatt, Austria.
10.00 **Keeping Faith** 5/6. Faith uncovers new and disturbing truths concerning Madlen's case, and Steve begins playing a deadly new game of his own. (S2)
11.05 **Prisoner: Cell Block H**
1.00 AM **Murder, She Wrote**
3.10 **to 4.00** AM **Great British Ships**

## Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Celebrity Antiques Road Trip** With Britt Ekland.
12.15 PM **Lily Savage's Blankety Blank**
1.00 **Classic Who Wants to Be a Millionaire?**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **All Star Family Fortunes**
4.45 **Celebrity Antiques Road Trip** Featiuring Dan and Peter Snow.
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** Bradley Walsh hosts a *Coronation Street* edition of the quiz.
8.00 **The Chase** Double bill of the quiz show.
10.00 **The Chase Celebrity Special** Ken Bruce, Paul Ince, Laila Morse and David Haye take part.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

## TLC

133/134 139 113/128 12 144 17

7.00 AM **The Middle**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **The Middle**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.30** 17/24. Raj is upset when Lucy runs away during their date. (S6)
9.00 **One Day in My Body** New editions Baby Brody undergoes a procedure to fix a cleft palate. **10.00** Joe is the first survivor of a hands and face transplant.
11.00 **Unacceptable** Rhys James argues to ban retirement before 90.
12.00 M'T **The Middle**
1.30 AM **Dr Pimple Popper**
2.30 **My 600lb Life**
4.30 **Say Yes to the Dress: UK** Reality series.
5.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

## Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **Everybody Loves Raymond** (S7)
11.00 **The Upper Hand**
1.00 PM **Friends** (S1&2)
7.00 **Friends** 5/24. Ross celebrates his birthday. **7.30** 6/24. Rachel tries to find a way of breaking bad news to Phoebe. **8.00** 7/24. Rachel confesses all to Ross. **8.30** 8/24. Ross draws up a list of Rachel's good and bad points. (S2)
9.00 **Michael McIntyre's Big Show** Wth AJ Odudu and Zara Larsson.
10.00 **8 Out of 10 Cats**
11.40 **Whose Line Is It Anyway? USA**
12.40 AM **South Park** (S8&9)
3.05 **The Daily Show Presents Jordan Klepper**
3.30 **Michael McIntyre's Big Show** As 9.00pm.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

## Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 7&8/25. (S7)
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Very Christmassy Christmas Show**
11.00 **Friends** 12–15/24. (S5)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** 9–12/25. (S7)
7.00 **Michael McIntyre's Very Christmassy Christmas Show**
8.00 **The Upper Hand** (S2)
9.00 **Rhod Gilbert's Growing Pains** With Alex Brooker.
10.00 **South Park** Animation.
1.00 AM **Beavis and Butt-Head Do the Universe**
2.50 **Michael McIntyre's Very Christmassy...**
3.45 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

## That's TV

56 42

8.00 AM **Highlights**
10.15 **Bread** 9/11. (S7)
10.55 **Steptoe and Son** (S3)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S2)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 3/13. Drama. (S1)
2.45 **Minder** 10/11. (S4)
3.50 **Just Good Friends** (S2)
4.25 **Man About the House**
4.55 **Bread** 9/11. (S7)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.15 **Rising Damp** 6/8. (S2)
6.50 **Steptoe and Son** (S3)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 5/13. (S2)
9.00 **Benidorm** 5/9. (S9)
9.55 **Shameless** 10/16. (S6)
11.00 **Man About the House**
11.25 **Mind Your Language**
12.00 M'T **Benidorm** 5/9. (S9)
12.55 AM **Minder** 2/8. (S6)
2.00 **Duty Free** 6/7. (S2)
2.25 **to 5.00** AM **Highlights**

## MTV

126/127 137 134 351 366

6.00 AM **Daria** 2/13. (S2)
6.20 **Teen Mom 2**
7.10 **Bar Rescue**
8.00 **Dallas Cowboys Cheerleaders**
9.00 **Catfish: The TV Show**
10.00 **Judge Judy**
12.00 NOON **Charmed**
2.00 PM **Catfish: The TV Show** Reality series.
3.00 **Judge Judy**
5.00 **Charmed** Double bill.
7.00 **Teen Mom: The Next Chapter** Cheyenne tries hypnotherapy to cope with her anxiety.
8.00 **Judge Judy**
9.00 **Just Tattoo of Us**
10.00 **Ink Master**
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Lolo take the fast way down the stairs with 'slide steppers.'
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

# Documentaries

12 August **Wednesday**



## Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **The Pool Master**
9.00 **Gold Rush** Double bill.
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.30** A look at how pistons, paint rollers, parachutes and chimneys are made.
5.00 **Alaska: Homestead Rescue** The Raneys arrive at a Washington State homestead and find the cabin collapsed.

10.00 Mighty Truckers

7.00 **Supercar Showroom** Dean tries to convince a supercar swapper to buy an Audi R8, and valeter Ollie becomes a father.
8.00 **Supercar Showroom** Dean invites TT-winning Superbike rider Dean Harrison to the airport for a unique speed challenge.
9.00 **Wheeler Dealers** With the Ford Focus having its 25th anniversary, Mike thinks the ST model may be the next classic.
10.00 **Mighty Truckers** New edition An insight into the challenges of being a truck driver.
11.00 **The Alaska Triangle** Ominous sounds from the skies could be a sign of the apocalypse.
12.00 M'T **Deadliest Catch**
1.00 AM **Wheeler Dealers**
2.00 **Mighty Truckers** As 10.00pm.
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

## Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked**
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo** A giraffe travels to its new home in the Bronx. **4.00** The geladas have a life-threatening heart condition.
5.00 **Lone Star Law** Game Wardens discover illegal drugs.
6.00 **Dr Jeff: Rocky Mountain Vet** A micro-pig requires surgery but anaesthesia could be fatal.

9.00 Alaska: The Last Frontier

7.00 **Treehouse Masters: Out on a Limb** Pete and his team build a butterfly-themed treehouse in a cluster of six trees.
8.00 **Preposterous Pets** The story of an obsessive fan of lizards, who found fame by taking photos of lizards posing as humans.
9.00 **Alaska: The Last Frontier** The Kilchers expand a road, while Atz Sr and Bonnie work together to salvage vital resources.
10.00 **Alaskan Bush People** The family work to keep spirits high as Ami prepares for her cancer treatment in California.
11.00 **In Search of Monsters** How a pilot may have returned home with a secret cargo.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **The Pool Master**
2.00 **Treehouse Masters: Out on a Limb** As shown at 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

## Nat Geographic

129/130 144 183

8.00 AM **Hidden Beneath the Cities**
9.00 **Air Crash Investigation**
10.00 **World's Greatest Train Journeys from Above**
11.00 **Car S.O.S** A VW Corrado.
12.00 NOON **Ultimate Airport Dubai**
1.00 PM **Air Crash Investigation**
2.00 **Hitler's Last Stand**
4.00 **Secrets of the Pyramids**
5.00 **Pirate Ships of the Caribbean: Drain the Oceans** How the Caribbean became the ultimate pirate sea.
6.00 **Secret Nazi Science** Nazi architects' designs for cities.

10.00 Mysteries of Ancient...

7.00 **Air Crash Investigation** A plane that crashed into a Romanian farmer's field, leading to rumours of a bomb on board.
8.00 **Lost Treasures of Ancient Greece** Archaeologists investigate the eruption of the volcanic island of Santorini.
9.00 **The Lost Tomb of Alexander the Great** Pepi Papakosta goes in search of the conqueror's final resting place.
10.00 **Mysteries of Ancient Medicine** New edition Examining how ancient cultures sought cures in surprising places.
11.00 **Air Crash Investigation** How a fire erupted on board Air Canada Flight 797 in 1983, killing 23 of the 41 passengers.
12.00 M'T **Amsterdam Central 24/7**
1.00 AM **To Catch a Smuggler**
2.00 **Lords of War** An artefact from a Spanish shipwreck rescue.
2.30 **Abandoned** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Trials of the Wild**

## Sky History

123/124 115/116 131 353 368

6.00 AM **Forged with Steele**
6.30 **Great Escapes with Morgan Freeman** Triple bill.
9.15 **Pawn Stars**
10.10 **Junk & Disorderly**
11.05 **Storage Wars** Double bill.
12.00 NOON **Rust Valley Restorers**
1.00 PM **History's Greatest Warriors** As 9.00pm.
2.00 **Storage Hunters** Eight editions, including at: **5.30** The Alvarados gamble.
6.00 **American Pickers** Robbie and Jersey comb through a cache of architectural salvage.

9.00 History's Greatest Warriors

7.00 **Forged in Fire** Four smiths get cooking when they are tasked with forging a chef's knife.
8.00 **Rust Valley Restorers** Avery gambles on finishing a build and the authorities crack down on his vehicle-filled property.
9.00 **History's Greatest Warriors** New edition Exploring the military strategy and combat skills of the Japanese samurai.
10.00 **Airport Security: USA** Agents are on the look out for a fugitive returning to the United States.
11.00 **Airport Security: USA** In San Francisco, officers question a woman suspected of violating her tourist visa.
12.00 M'T **Storage Hunters**
1.50 AM **Rust Valley Restorers**
2.50 **History's Greatest Warriors**
3.40 **Pawn Stars** Chum gambles on a model of Las Vegas.
4.25 **Junk & Disorderly**
5.10 **to 6.00** AM **Storage Wars**

## Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The 2010s**
7.00 **Discovering: Tom Cruise**
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **Juan Carlos: Downfall of the King** 3/4. Documentary.
10.55 **Celtics City**
12.00 NOON **Yacht Rock: A Dockumentary**
2.00 PM **An American Bombing: The Road to April 19th**
4.00 **The Directors**
4.55 **Discovering: Tom Cruise**
5.50 **Burden of Proof: Who Killed Jennifer Pandos?**

8.00 Six Silent Killings

6.55 **Burden of Proof: Who Killed Jennifer Pandos?** 2/4. Stephen Pandos confronts his father after decades of estrangement.
8.00 **Six Silent Killings: Ireland's Vanishing Triangle** 1/2. The disappearances of six women in the 1990s.
9.00 **Six Silent Killings: Ireland's Vanishing Triangle** 2/2. A look at the investigations into the disappearances.
10.00 **Groomed: The Truth Behind the Lie** 2/3. As Ellie Williams faces prosecution, a former schoolmate recalls being kidnapped before later being arrested.
11.00 **FILM Going Clear: Scientology and the Prison of Belief** Documentary. (2015, 15, 120min) ★★★★
1.15 AM **The Essex Murders**
4.15 **The Directors**
5.05 **to 6.00** AM **Discovering: Tom Cruise**

7 PM
8 PM
9 PM
10 PM

## Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters Celebrity Special**
8.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **Francis Bourgeois & Chris Harris: We Saved a Train**
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Drive It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** Double bill.
10.00 **The Repair Shop** Fixing a broken unicycle.
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

## Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Double bill.
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories** Chris Welsh.
12.00 NOON **The Killer in My Family** Sante Kimes.
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **The Killer in My Family**
4.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime Stories** Kellie Sutton.
8.00 **Murder on CCTV**
10.00 **Crime Scene Investigators**
11.00 **Forensic Factor: A New Era** The death of Lanell Barsock.
12.00 M'T **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

## True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** The case of Edward Forrester.
8.00 **UK Crime Files: Last Taxi Rider** How Linda Thomas made a fatal error of judgement.
9.00 **UK Crime Files: The Shoe Rapist** The case of a man dubbed 'The Rotherham Shoe Rapist.'
10.00 **Bloodline Detectives** Series finale The case of Jenny Zitricki, who was murdered in 1990.
11.00 **Secrets of a Murder Detective** Anuj Bidve.
12.00 M'T **UK Crime Files: Last Taxi Rider**
1.00 AM **UK Crime Files: The Shoe Rapist**
2.00 **Bloodline Detectives**
3.00 **Britain's Countryside Killers** As 7.00pm.
4.00 **to 5.45** AM **Close Calls: On Camera**

+1 hour 246 136

## True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: World's End Murders**
9.55 **UK Crime Files: Getting Away with Murder**
10.45 **Teleshopping**
11.00 **Killers: Caught on Camera** Summer Tatum.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Gangland Hit**
3.00 **UK Crime Files: Eastbourne's Dr Death**
4.00 **Killers: Caught on Camera** True-crime.
5.00 **Medical Detectives** The disappearance of singer Walter Scott. **5.30** Two confessions for the same crime. **6.00** An attack on two boys during a fishing trip. **6.30** The murder of a prostitute in Ohio.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

## Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Rapid Response** Documentary.
8.00 **A1: Britain's Longest Road** Documentary.
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Catching the Killer** True-crime.
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Murdered at First Sight**
10.00 **Murder Nation**
11.00 **How I Caught the Killer**
12.00 M'T **Killer in My Village**
1.00 AM **Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **Murder Uncut**
4.00 **A1: Britain's Longest Road** Documentary.
5.00 **to 6.00** AM **Road Wars**

+1 hour 221/222 322

## PBS America

173 170 187 84 155 49

8.00 AM **Weathered**
8.35 **Digging Up Britain's Past** HMS *Invincible*.
9.35 **Athens: Birth of Democracy** As 7.15pm.
10.40 **1066: A Year to Conquer England**
11.55 **Inside Japan's War**
1.00 PM **Weathered**
1.35 **Digging Up Britain's Past** HMS *Invincible*.
2.35 **Athens: Birth of Democracy** As 7.15pm.
3.50 **1066: A Year to Conquer England**
5.05 **Inside Japan's War**
6.10 **Digging Up Britain's Past** HMS *Invincible*.
7.15 **NEW Athens: Birth of Democracy** The origins of democracy in Greece.
8.25 **1066: A Year to Conquer England**
9.40 **Inside Japan's War**
10.50 **Athens: Birth of Democracy** As 7.15pm.
12.00 M'T **1066: A Year to Conquer England**
1.15 **to 2.00** AM **Weathered**

# WEDNESDAY

Wednesday

## Sky Nature

124/125 113/114 135 354 369

6.00 AM **Great Parks of Africa**
7.00 **Monkey Life**
8.00 **Tales from Zambia**
9.00 **Uptown Otters**
10.00 **Coral City**
11.00 **Dawn to Dusk**
12.00 NOON **Wild Birds of Australia**
1.00 PM **Monkey Life**
2.00 **Tales from Zambia**
3.00 **Uptown Otters**
4.00 **Coral City**
5.00 **Dawn to Dusk**
6.00 **Wild Birds of Australia**
7.00 **Monkey Life** Double bill.
8.00 **Big Cat Country** The Hollywood lionesses retreat and regroup.
9.00 **Chasing the Rains** Anastasia's herd splits to protect two elephant calves.
10.00 **Wild Birds of Australia** Exploring the world of emus.
11.00 **Dawn to Dusk**
12.00 M'T **Gangs of Lemur Island**
1.00 AM **Great Parks of Africa**
2.00 **Big Cat Country**
3.00 **Chasing the Rains**
4.00 **Tales from Zambia**
5.00 **to 6.00** AM **Uptown Otters**

## Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **The Nostradamus Effect**
9.00 **Battle Treasures with Foxy and Bruce** Double bill.
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens**
1.00 PM **Ancient Aliens**
6.00 **Mysteries from Above**
7.00 **Alien Files: Unsealed** Experts open previously off-limits secret files on extraterrestrial life.
8.00 **The Sound and the Fury** Key events of World War Two.
9.00 **Hazardous History with Henry Winkler** A look at the most ill-advised and risky household products.
10.00 **Rome: Rise and Fall of an Empire** The rule of Marcus Aurelius, who was forced to leave Rome and undertake a series of military campaigns to save the Empire from the German tribes that threatened its future.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Alien Files: Unsealed**
2.00 **Ancient Aliens**
5.00 **to 6.00** AM **Crimes That Shook Britain**

## Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **The Gamechangers: Inventing the World** Double bill.
1.00 PM **The Dino Hunters**
3.00 **How the Universe Works**
6.00 **How It's Made**
9.00 **In Search of Monsters** Experts analyse new evidence that could prove the Beast of Bray Road is terrorised a Wisconsin town. Plus, the question of whether a human-wolf hybrid is spreading across the US. **10.00** Experts analyse new evidence that could prove the legendary beast known as Chupacabra is real – and that there are two versions of the bloodsucking creature.
11.00 **Expedition X** A strange phenomenon that has been haunting Mammoth Cave in Kentucky for generations. **12.00** M'T Following strange orbs of light into an active volcano in Washington.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Cooper's Treasure**

+1hr 267 379

## Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Ozark Law**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Murdertown**
2.00 PM **Green Eyed Killers**
3.00 **The Real Murders of Atlanta**
6.00 **Homicide Hunter**
7.00 **The First 48** A teenager's life is cut short in Atlanta.
8.00 **Green Eyed Killers** When a teacher is found murdered, detectives suspect her partner.
9.00 NEW **The Hog Trail Murders: Daniel Conahan** Documentary about the serial killer.
10.00 **Faces of Evil** A seemingly ordinary husband and father who murdered his entire family.
11.00 **Look What You Made Me Do**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **The Hog Trail Murders: Daniel Conahan** As 9.00pm.
3.00 **Real Murders of Atlanta**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

## WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Wild Hunters**
11.00 **Alaska Animal Rescue**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Wild Babies of America's National Parks**
3.00 **Lion Brothers: Cubs to Kings**
4.00 **The Incredible Dr Pol**
5.00 **Yukon Vet**
7.00 NEW **Elephant Planet**
8.00 **Secrets of the Elephants** The secret lives of Namibia's last remaining desert elephants. **9.00** Big families and strong relationships are the secret of success for Savanna elephants. **9.55** Elephants that have adapted to life in the rainforest.
10.55 **Ultimate Airport Dubai** A missing passenger throws a flight to Australia into jeopardy.
11.55 **Africa's Lost Eden**
1.00 AM **Alaska Fish Wars**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Alaska Animal Rescue**

## Discovery History

161/172 147 181

7.00 AM **Coast Guard at War**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Coast Guard at War** Examining the role of the Coast Guard in the Vietnam War, featuring contributions from members who served during the conflict.
9.00 **Paranormal Declassified** Paul Beban investigates shapeshifters known as skinwalkers. He tracks these mythical beasts from the heart of the Navajo Nation to the infamous Skinwalker Ranch.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition Unknown**
4.00 **to 5.00** AM **Expedition X**

+1hour 274 381

## U&Eden

166 134/162 176 57 160 71

9.00 AM **Locomotion: Dan Snow's History of Railways**
11.00 **Operation Gold Rush with Dan Snow** Double bill.
1.00 PM **Locomotion: Dan Snow's History of Railways**
3.00 **Operation Gold Rush with Dan Snow** Double bill.
5.00 **Bangers & Cash: Restoring Classics** The team take on their biggest restoration to date – a Series 1 Land Rover. **6.00** The team purchase a 1981 Rolls-Royce Silver Spirit. **7.00** The team think they can smell profit by choosing one of the simplest cars ever built – the VW Beetle. **8.00** The team buy one of the most affordable sports cars on the road – the Mazda MX-5. **9.00** The team pay over the odds for a VW Campervan.
10.00 **Bangers & Cash: Restoring Classics** Eight editions.
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1hour 266 376

## ID

154 140 166

8.00 AM **Diabolical: Deadly Love**
12.00 NOON **Deadline: Crime with Tamron Hall** The case of a mother from Texas, who suddenly dropped out of contact.
1.00 PM **People Magazine Investigates** Double bill.
3.00 **Hometown Homicide**
6.00 **Homicide City**
7.00 **The Murder Tapes** An 82-year-old woman murdered in her garage in Wisconsin. **8.00** The fatal shooting of a high-school teacher in Arizona. Officers thought they had found the killer, until a new witness emerged.
9.00 **Body Cam** Cameras monitor police as they hunt two suspects responsible for armed robberies.
10.00 **American Detective with Lt Joe Kenda** Texas investigators follow a trail of clues originating from a victim's lost dog.
11.00 **Murder Comes to Town**
1.00 AM **Before They Kill Again**
2.00 **Hometown Homicide**
4.00 **to 6.00** AM **The Murder Tapes**

+1hour 254 366

## Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **G.A.S. Extreme Customs**
2.00 **Ant Anstead: Born Mechanic**
3.00 **Guz Khan's Custom Cars**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Street Outlaws: Locals Only**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only** Local racers in North Carolina compete for $5,000.
9.00 **Mike Brewer: Born Dealer** Mike trades a classic Citroën for an F-Type Jaguar.
10.00 **Guz Khan's Custom Cars**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Street Outlaws: Locals...**
1.00 AM **Richard Hammond's Workshop** Richard looks for a driver for the classic racing team.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

# Films

## Sky Cinema Premiere

301 301 401 501 515

7.15 AM **Love Me** As 1.05am.
9.00 **Looney Tunes: The Day the Earth Blew Up** Animated adventure. (2024, PG, 91min)
10.35 **Eleanor the Great** Drama. (2025, 12, 98min) ★★★★
12.25 PM **Seven Snipers** (2025)
2.00 **Heretic** As shown at 11.05pm.
4.00 **Anaconda** Action comedy. (2025, 12, 99min) ★★★
5.45 **Song Sung Blue** Musical biopic starring Hugh Jackman. (2025, 12, 132min) ★★★

9.35 Seven Snipers

**8.00 Normal** Action comedy starring Bob Odenkirk. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.35 Seven Snipers** Thriller with Radha Mitchell and Tim Roth. A retired sniper in hiding on an Australian ranch must reunite her kill squad when a warlord threatens her daughter. (2026, 15, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**11.05 Heretic** Horror starring Hugh Grant and Sophie Thatcher. (2024, 15, 111min) ★★★★
1.05 AM **Love Me** Post-apocalyptic romantic drama with Steven Yeun and Kristen Stewart. (2024, 15, 91min) ★★★
2.45 **Lurker** Thriller with Théodore Pellerin and Archie Madekwe. (2025, 15, 100min) ★★★★
4.30 **Sky Cinema Preview**
5.00 **to 7.25** AM **Song Sung Blue**

## Sky Cinema Box Set

303 303 403 503 517

7.40 AM **Ghostbusters** Comedy. (2016, 12, 113min) ★★★
9.40 **Ghostbusters: Afterlife** Supernatural comedy sequel. (2021, 12, 124min) ★★★★
11.50 **Lethal Weapon** Action thriller. (1987, 15, 110min) ★★★★
1.45 PM **Lethal Weapon 2** Thriller. (1989, 15, 110min) ★★★★
3.40 **Lethal Weapon 3** Action thriller. (1992, 15, 118min) ★★
5.45 **Lethal Weapon 4** Thriller. (1998, 15, 128min) ★★★

8.00 Bad Boys

**8.00 Bad Boys** Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. With Téa Leoni, Theresa Randle and Tcheky Karyo. (1995, 15, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.05 Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
2.10 **Ace Ventura: When Nature Calls** (1995, PG) ★★★
3.50 **Jackie Chan's Police Story** Martial arts comedy thriller. (1985, 15, 98min) ★★★★
5.40 **to 6.10** AM **Sky Cinema Preview**

## Sky Cinema Drama

310 310 410 510 524

7.15 AM **Terms of Endearment**
9.35 **I Used to Be Funny** Comedy drama. (2023, 15, 105min) ★★★
11.30 **On Swift Horses** Drama. (2024, 15, 119min) ★★★
1.40 PM **Peggy Sue Got Married** Romantic fantasy comedy. (1986, 15, 104min) ★★★★
3.35 **Terms of Endearment** Oscar-winning comedy drama. (1983, 15, 132min) ★★★★★
5.55 **Escape to Victory** World War Two drama starring Sylvester Stallone and Michael Caine. (1981, PG, 111min) ★★★
8.00 **One Battle After Another** Oscar-winning thriller starring Leonardo DiCaprio. A washed-up revolutionary scrambles to find his missing daughter when his evil nemesis resurfaces. (2025, 15, 161min) ★★★★★
10.50 **Grease** Musical starring Olivia Newton-John and John Travolta. (1978, PG, 110min) ★★★★
12.50 AM **Grease 2** Musical sequel. (1982, PG, 109min) ★★
2.55 **Tommy** Ken Russell's screen version of The Who's rock opera. (1975, 15, 111min) ★★★★
4.55 **to 7.15** AM **A Good Person** Drama starring Florence Pugh. (2022, 15, 129min) ★★★★

## Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.00 AM **Gator Creek** As 11.25pm.
7.30 **Sick** As shown at 3.05am.
9.00 **Constantine** Supernatural thriller. (2005, 15, 121min) ★★★
11.05 **Westworld** Sci-fi thriller. (1973, 15, 89min) ★★★★
12.45 PM **Pet Sematary** Horror. (2019, 15, 101min) ★★★
2.35 **Men in Black** Sci-fi action comedy starring Will Smith. (1997, PG, 94min) ★★★★
4.20 **Brightburn** Superhero horror. (2019, 15, 90min) ★★★
6.00 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. (2016, 12, 116min) ★★★★★
8.00 **Men in Black II** Sci-fi action comedy sequel starring Tommy Lee Jones and Will Smith. (2002, PG, 88min) ★★★
9.40 **The Crazies** Horror remake of the 1973 George A Romero cult film, starring Timothy Olyphant and Radha Mitchell. (2010, 15, 101min) ★★★★
11.25 **Gator Creek** Horror with Athena Strates. (2025, 15, 87min) ★
1.05 AM **The Exorcist** Occult horror. (1973, 18, 121min) ★★★★★
3.05 **Sick** Horror. (2022, 18) ★★★
4.40 **to 6.35** AM **Mad Max Beyond Thunderdome** Action thriller sequel. (1985, 15, 107min) ★★★



★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

## Sky Cinema Family

304 304 406 506 519

**6.00** AM **Charlotte's Web** (2006)
**7.45** **The Wild Thornberrys Movie** Animation. (2002, U) ★★★★
**9.25** **The Wizard of Oz** Fantasy. (1939, U, 98min) ★★★★★
**11.15** **Wicked: For Good** Fantasy. (2025, PG, 137min) ★★★
**1.45** PM **How to Train Your Dragon** Fantasy. (2025, PG) ★★★★
**4.00** **Sonic the Hedgehog 3** Fantasy sequel. (2024, PG) ★★★
**6.00** **Charlie and the Chocolate Factory** (2005, PG) ★★★★

**8.00 Matilda**

**8.00** **Matilda** Roald Dahl's fantasy starring Danny DeVito, Pam Ferris and Mara Wilson. The bright young daughter of selfish parents discovers she has magical gifts. (1996, PG, 98min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.40** **Peter Rabbit 2: The Runaway** Comedy adventure sequel with the voice of James Corden. Bored of life in the garden, Peter heads to the big city. (2021, U, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**11.15** **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
**1.25** AM **The Karate Kid Part II** Martial arts adventure sequel. (1986, PG, 113min) ★★
**3.20** **The Karate Kid: Part III** Martial arts adventure sequel. (1989, PG, 111min) ★
**5.15** **Cinema List: Family Favourites**
**5.40** **to 8.00** AM **The Karate Kid** Martial arts adventure. (2010, PG, 140min) ★★★

## Sky Cinema Action

306 306 407 507 521

**6.25** AM **Nobody 2** Comedy thriller. (2025, 15, 89min) ★★★
**8.00** **Highlander** As 12.50am.
**10.00** **300** Epic historical adventure. (2006, 15, 116min) ★★★★
**12.05** PM **300: Rise of an Empire** Fantasy. (2014, 15) ★★★
**2.05** **Transformers** Sci-fi adventure. (2007, 12, 144min) ★★★★
**4.35** **Skyscraper** Action thriller. (2018, 12, 102min) ★★★
**6.25** **Normal** Action comedy. (2026, 15, 91min) ★★★★

**8.00 The Long Kiss Goodnight**

**8.00** **The Long Kiss Goodnight** Action thriller starring Geena Davis and Samuel L Jackson. An amnesiac schoolteacher uncovers her secret past as a crack CIA assassin. With Patrick Malahide and Brian Cox. (1996, 18, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.10** **Transformers: Revenge of the Fallen** Sci-fi action adventure sequel starring Shia LaBeouf and Megan Fox. A college student and his girlfriend get caught up in a titanic struggle between good and evil alien robots. (2009, 12, 149min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**12.50** AM **Highlander** Sci-fi thriller. (1986, 15, 111min) ★★★★
**2.55** **Safe House** Crime thriller. (2025, 15, 90min) ★★★
**4.35** **to 6.25** AM **Blood for Dust** Thriller starring Scoot McNairy. (2023, 15, 98min) ★★★

## Sky Cinema Comedy

308 308 408 508 522

**6.45** AM **The Brady Bunch Movie** Comedy. (1995, 12) ★★★
**8.20** **Smokey and the Bandit** Comedy. (1977, PG) ★★★
**10.00** **Zombie Town** As 5.30am.
**11.35** **Arthur** (1981, 15) ★★★★
**1.20** PM **Anaconda** (2025, 12) ★★★
**3.00** **The 'burbs** Offbeat comedy. (1989, PG, 103min) ★★★
**4.45** **The Wedding Singer** Comedy. (1998, 12, 97min) ★★★★
**6.30** **The Naked Gun** Comedy. (2025, 15, 85min) ★★★★

**6.30 The Naked Gun**

**8.00** **Notting Hill** Romantic comedy starring Julia Roberts and Hugh Grant. A divorced Notting Hill bookshop owner hesitantly woos a Hollywood star. With Rhys Ifans and Alec Baldwin. (1999, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.10** **Pitch Perfect 2** Comedy sequel starring Anna Kendrick. The Barden Bellas try to recover from a disastrous performance by winning the World Championships of A Cappella in Copenhagen. (2015, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**12.05** AM **Billy Madison** Comedy. (1995, PG, 90min) ★★
**1.40** **'About Last Night...'** Comedy drama. (1986, 18, 113min) ★★★
**3.35** **Seven Psychopaths** Comedy thriller. (2012, 15) ★★★★
**5.30** **to 7.05** AM **Zombie Town** Horror comedy. (2023, 12) ★★

## Sky Cinema Thriller

309 309 409 509 523

**6.00** AM **Thieves Highway** Thriller. (2025, 15, 110min) ★★★
**7.35** **Drop** (2025, 15) ★★★★
**9.20** **Cellular** (2004, 15) ★★★
**11.00** **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
**1.00** PM **The Hunt for Red October** Cold War thriller. (1990, PG, 135min) ★★★★
**3.20** **The Firm** Legal thriller. (1993, 15, 155min) ★★★
**6.00** **Safe House** Action thriller. (2012, 15, 110min) ★★★

**6.00 Safe House**

**8.00** **Jaws** Steven Spielberg's thriller starring Roy Scheider, Richard Dreyfuss and Robert Shaw. A beach paradise on America's east coast turns into a blood-soaked nightmare when a killer shark goes on the rampage. (1975, 12, 125min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.05** **Jaws 2** Adventure thriller sequel starring Roy Scheider and Lorraine Gary. Martin Brody, chief of police in the Long Island resort of Amity, fears that a shark is once more in the vicinity when a mutilated whale is washed ashore. (1978, PG, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**12.05** AM **Snatch** Crime comedy. (2000, 18, 102min) ★★★★
**1.50** **Fatal Attraction** Thriller. (1987, 15, 120min) ★★★★
**4.00** **to 6.00** AM **Safe House**

## Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
**11.00** AM **Secret Headquarters** Family comedy adventure. (2022, PG, 104min) ★★★
**1.05** PM **Sign of the Pagan** Drama. (1954, U, 92min) ★★
**2.55** **The Comancheros** Western. (1961, PG, 102min) ★★★
**5.05** **They Rode West** Western. (1954, U, 97min) ★★
**6.50** **Fisherman's Friends: One and All** Comedy drama sequel. (2022, 12, 112min) ★★★

**9.00 M:I – Rogue Nation**

**Fisherman's Friends: One and All** (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.00** **Mission: Impossible – Rogue Nation** Spy thriller sequel starring Tom Cruise and Rebecca Ferguson. The agents of the IMF become fugitives in order to bring down a shadowy society of assassins. (2015, 12, 131min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**11.40** **The Rhythm Section** Thriller with Blake Lively. A grieving woman veers down a vengeful path when she discovers the plane crash that killed her family was a terrorist attack. (2019, 15, 109min) ★★★
**1.50** **to 3.45** AM **Holy Cow** French comedy drama starring Clément Faveau. Subtitled. (2024, 15, 92min) ★★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

## Sky Cinema Animation

302 302 402 502 516

**6.40** AM **Piece By Piece** Animation. (2024, PG, 95min) ★★★
**8.15** **Tafiti: Across the Desert**
**9.45** **Teen Titans Go! to the Movies**
**11.20** **Antz** Animated comedy. (1998, PG, 83min) ★★★
**12.50** PM **Hotel Transylvania 2** Animated comedy sequel. (2015, U, 89min) ★★★
**2.30** **Shaun the Sheep Movie** Animation. (2015, U) ★★★★
**4.00** **Hotel Transylvania 3: Summer Vacation** Animated comedy sequel. (2018, U, 97min) ★★
**5.40** **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
**7.15** **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★
**8.55** **Sing** Animated musical comedy. (2016, U, 108min) ★★★
**10.45** **Paws of Fury: The Legend of Hank** Animated comedy. (2022, PG, 98min) ★★★
**12.25** AM **Noah's Ark** Animation. (2024, U, 96min) ★★★
**2.05** **Tafiti: Across the Desert** Animation. (2025, PG) ★★★
**3.30** **Teen Titans Go! to the Movies** Animation. (2018, PG) ★★★
**5.00** **to 6.30** AM **Pil's Adventures** Animation. (2021, U, 89min) ★★

## Sky Cinema Greats

307 307 404 504 518

**6.45** AM **Look Who's Talking** (1989)
**8.25** **Look Who's Talking Too** (1990)
**9.50** **Look Who's Talking Now** (1993)
**11.35** **Free Willy** Family adventure. (1993, U, 112min) ★★★★
**1.35** PM **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy. (1982, U, 114min) ★★★★★
**3.35** **Jurassic Park** Steven Spielberg's monster thriller. (1993, PG, 127min) ★★★★★
**5.45** **The Lost World: Jurassic Park** Steven Spielberg's monster adventure sequel starring Jeff Goldblum and Julianne Moore. (1997, PG, 129min) ★★★
**8.00** **Hook** Steven Spielberg's fantasy adventure based on JM Barrie's *Peter Pan*, starring Robin Williams and Dustin Hoffman. (1991, U, 140min) ★★★
**10.25** **Annie** Film version of the hit Broadway musical, starring Albert Finney and Aileen Quinn. (1982, U, 128min) ★★★
**12.35** AM **Look Who's Talking** Comedy. (1989, 12, 96min) ★★★
**2.15** **Look Who's Talking Too** Comedy sequel. (1990, 12, 77min) ★
**3.45** **Look Who's Talking Now** Comedy sequel starring John Travolta. (1993, 12, 95min) ★
**5.25** **to 7.25** AM **Free Willy** (1993)

## Disney+ Cinema

305 305

**6.00** AM **Hercules** Animated musical. (1997, U, 92min) ★★★★
**7.40** **Cars 2** Animated comedy sequel. (2011, U, 102min) ★★★
**9.30** **Ratatouille** Animated comedy. (2007, U, 106min) ★★★★★
**11.20** **Aladdin** Animated fantasy with the voice of Robin Williams. (1992, U, 90min) ★★★★★
**12.55** PM **Maleficent** Fantasy. (2014, PG, 97min) ★★★★
**2.35** **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
**5.00** **National Treasure** Adventure. (2004, PG, 131min) ★★★★
**7.10** **Percy Jackson: Sea of Monsters** Fantasy adventure sequel. (2013, PG, 102min) ★★★
**9.00** **Flightplan** Suspense thriller. (2005, 12, 98min) ★★★★
**10.40** **The Fault in Our Stars** Romantic drama with Shailene Woodley. (2014, 12, 121min) ★★★
**12.45** AM **A Complete Unknown** Biopic with Timothée Chalamet. (2024, 15, 140min) ★★★★
**3.10** **(500) Days of Summer** Offbeat romantic comedy. (2009, 12, 95min) ★★★★
**4.50** **to 6.00** AM **Bambi** Cartoon. (1942, U, 69min) ★★★★★

## Movies 24

312 313 419

**7.00** AM **Catch of the Day** Romantic drama. (2025, PG, 84min) ★★
**9.00** **Home Turf** Romantic comedy. (2025, PG, 84min) ★★
**11.00** **Haul Out the Halloween** Comedy. (2025, PG, 84min) ★★
**1.00** PM **Branching Out** Drama. (2024, PG, 90min) ★★
**3.00** **Hashtag Proposal** Comedy starring Scout Taylor-Compton. (2023, PG, 87min) ★★
**5.00** **An American in Austen** Romantic comedy drama. (2024, PG, 84min) ★★
**7.00** **Never Too Late to Celebrate** Romantic drama starring Alexa and Carlos PenaVega. (2023, PG, 120min) ★★
**9.00** **Savoring Paris** Romantic drama starring Bethany Joy Lenz. A disillusioned woman makes a soul-searching journey to Paris where she navigates love, self-discovery – and cheese. (2024, PG, 90min) ★★
**11.00** **The Wedding Contest** Comedy. (2023, PG, 88min) ★★
**1.00** AM **Sparks Over Brooklyn** Drama. (2023, PG, 89min) ★★
**3.00** **to 5.00** AM **Betty's Bad Luck in Love** Comedy. (2024, PG) ★★

Movies 24+ 315/329 314 420

## Talking Pictures

324 445 82 306 36

**6.00** AM **A Matter of Choice** Drama. (1963, b/w, PG, 100min) ★★
**7.40** **Death Goes to School** Mystery. (1953, b/w, U, 65min) ★★
**8.55** **The Black Tent** Romantic adventure. (1956, U, 93min) ★★
**10.45** **The Long Duel** Adventure. (1967, U, 115min) ★★★
**1.00** PM **The Buccaneers** (S1)
**1.30** **Carrie's War** Family drama.
**3.20** **Look at Life** Double bill.
**3.45** **Dial 999** 35/39. (S1)
**4.15** **Robbery Under Arms** Outback Western. (1957, PG, 99min) ★★
**6.15** **Melbourne Cleaners** Short film.
**6.30** **Give Us a Clue**
**7.00** **Out of Town**
**7.30** **Travelling Man** 7/7. (S2)
**8.35** **Brighton Rock** Thriller based on Graham Greene's novel, starring Richard Attenborough. (1947, b/w, PG, 91min) ★★★★★
**10.25** **Up the Chastity Belt** Comedy starring Frankie Howerd. (1971, PG, 94min) ★★
**12.15** AM **The Four Feathers** Classic period adventure starring John Clements and Ralph Richardson. (1939, U, 130min) ★★★★★
**2.30** **Women Without Men** Drama. (1956, b/w, PG, 80min) ★★
**4.00** **Stagecoach West** 22/38. (S1)
**5.00** **to 6.00** AM **Film Noir**

# WEDNESDAY Sport 12 August

## Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
11.30 LIVE **The Hundred** Welsh Fire v London Spirit. Coverage of the women's match staged at Sophia Gardens in Cardiff. Start-time 11.30am.
2.30 PM LIVE **The Hundred** Welsh Fire v London Spirit. Coverage of the men's match staged at Sophia Gardens in Cardiff. Start-time 3.00pm.
6.00 LIVE **The Hundred** Birmingham Phoenix v MI London. Coverage of the men's match staged at Edgbaston, Birmingham. Start-time 6.30pm.
9.30 **Sports Centre**
10.00 **Sky Sports News**
10.30 **Paper Talk**
11.00 LIVE **WTA & ATP Tennis** Coverage from day 11 of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto, both hard-court tournaments, featuring the semi-finals.
4.00 **to 6.00** AM **Sky Sports News**

## Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Highlights**
2.00 **SNF** Chelsea v West Ham United.
2.30 **Premier League Highlights**
4.00 **FNF** Bournemouth v Manchester United at Vitality Stadium.
4.30 **SNF** Everton v Chelsea.
5.00 **Premier League Review** Strikes from the 2025/26 campaign.
6.00 **Cult Heroes** Des Walker.
6.30 **Premier League Stories**
7.00 **The Transfer Show**
8.00 **Premier League Stories**
8.30 **James Milner: Record Breaker**
9.00 **Transfer 360** Nemanja Vidic's move to Manchester United. **9.30** The story of Sol Campbell's move from Spurs to Arsenal.
10.00 **Premier League Review**
11.00 **Premier League Years** A look back at the 1998/99 season.
1.00 AM **PL Retro** Newcastle v Manchester United in 1996/97.
2.45 **PL Greatest Games**
4.00 **Premier League Review**
5.00 **to 6.00** AM **Premier League 100 Club**

## Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup** The 2008 final.
8.45 **EFL Greatest Games**
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **SPFL Greatest Games**
11.30 **EFL Greatest Games**
12.00 NOON **Championship Season Review** A look back at the 2016/17 to 2018/19 seasons.
3.00 PM **EFL Highlights**
9.00 **EFL Highlights** Hull City v Millwall. **9.30** Highlights from Middlesbrough v Southampton. **10.00** Millwall v Hull City in the Championship play-off semi-final second leg staged at The Den. **10.30** Action from Southampton v Middlesbrough at St Mary's.
11.00 **EFL** Hull City v Middlesbrough in the Championship play-off final staged at Wembley Stadium.
12.00 M'T **Retro League One** Swindon Town v Sheffield United in the 2015 play-off semi-final.
2.00 AM **EFL Rivalries**
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup** Manchester United v Southampton in the 2017 final.
5.00 **to 6.00** AM **EFL Greatest Games**

## Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred**
11.15 LIVE **The Hundred** Welsh Fire v London Spirit. Coverage of the women's match staged at Sophia Gardens in Cardiff, as both teams play their final match of the round-robin stage. Start-time 11.30am.
2.30 PM LIVE **The Hundred** Welsh Fire v London Spirit. Coverage of the men's match from Sophia Gardens in Cardiff. Both these teams struggled last season, but it was the Spirit who took the honours when the sides met here. Start-time 3.00pm.
6.00 LIVE **The Hundred** Birmingham Phoenix v MI London. Coverage of the men's match staged at Edgbaston, Birmingham. Start-time 6.30pm.
9.30 **The Hundred Bitesize**
10.30 **The Hundred** Welsh Fire v London Spirit: A chance to see the men's match at Sophia Gardens.
2.00 AM **The Hundred** Welsh Fire v London Spirit: The women's match at Sophia Gardens in Cardiff.
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred Bitesize**

## Sky Sports Golf

406 406 506 423 443

6.00 AM **Ladies European Tour Golf**
10.00 **LPGA Tour Golf**
11.00 **Ladies European Tour Golf**
12.00 NOON **Women's Golf**
1.00 PM **Ladies European Tour Golf**
5.00 **Women's Golf** Women's Open.
6.00 **PGA Tour Champions**
7.00 **PGA Tour: The Cut**
7.30 **HotelPlanner Tour Golf Highlights** Scottish Challenge.
8.00 **Legends Tour Golf** The Staysure Pga Seniors Championship.
9.00 **Solheim Cup Golf** Day three in 2023 from Andalucia, Spain.
10.00 **PGA Tour Golf** The fourth day of the Wyndham Championship.
11.00 **Ladies European Tour Golf**
12.00 M'T **PGA Tour: The Cut**
12.30 AM **HotelPlanner Tour Golf Highlights** Scottish Challenge.
1.00 **How the 2002 Ryder Cup Was Won** Action from the Belfry.
4.00 **PGA Tour Golf** St Jude Classic.
5.00 **to 6.00** AM **Golf Academy**

## Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
12.00 NOON **ATP Tour This Week**
12.30 PM **WTA & ATP Tennis**
7.00 **ATP Tour This Week**
7.30 **WTA & ATP Tennis**
9.00 LIVE **ATP Tennis** Coverage from the men's doubles on the 11th day of the Canadian Open.
11.00 LIVE **WTA & ATP Tennis** Day 11 of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto, featuring the semi-finals. Karen Khachanov produced something of a shock when he defeated the number one seed Alexander Zverev in last year's last four.
4.00 **to 6.00** AM **WTA & ATP Tennis**

## Sky Sports Mix

416 412 511 429 449

6.00 AM **PL Greatest Games**
7.00 **Women's World T20 Cricket**
8.00 **ATP Tennis** Rotterdam Open.
9.00 **LPGA Tour Golf**
10.00 **PGA Tour Golf** Highlights.
11.00 **WTA Tennis** Doha Open final.
12.00 NOON **My Icon** Double bill.
12.30 PM **Darts Gold** Archive action.
1.00 **NFL Highlights**
2.00 **ATP Tennis** Rotterdam Open.
2.55 LIVE **The Hundred** Birmingham Phoenix v MI London. Coverage of the women's match from Edgbaston, Birmingham. Start-time 3.00pm.
6.00 **PGA Tour: The Cut**
6.30 **DP World Tour Golf**
7.00 **Indycar** Grand Prix of Portland.
8.00 **PGA Tour Golf** A review of the 2025 St Jude Championship.
9.00 **LPGA Tour Golf**
11.00 **NFL Highlights**
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super League**
3.10 **Darts Top 5 Moments**
3.15 **My Icon** Nasser Hussain.
3.30 **30 Years of the World Champs**
4.00 **Super League Highlights**
5.00 **My Icon** Sporting influences.
5.30 **to 6.00** AM **Darts Gold**

## Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Recent action.
12.15 PM **F1 Features**
1.00 **Formula 1** British Grand Prix.
3.15 **Ted's Notebook**
3.45 **The Cornwall Air Ambulance**
4.00 **Formula 1** Austrian Grand Prix. **5.00** British Grand Prix. **6.00** Belgian Grand Prix.
7.00 **Indycar** Grand Prix of Portland.
8.00 **F1 Classic Races** Archive action.
1.00 AM **F1 Explained**
2.00 **to 6.00** AM **The Best of F1**

## TNT Sports 1

410 413 521 408 430

6.00 AM **UEFA Champions League**
6.30 **UEFA Conference League**
7.00 LIVE **Snooker: Chinese Open** The first session of round two at Riverside Sports Centre, Taiyuan.
10.30 **UEFA Europa League**
11.00 **TNT Sports Cricket Reload**
12.00 NOON **Playing for Our Future**
12.15 PM **The Gruppetto** Cycling news.
12.30 LIVE **Snooker: Chinese Open** The second session of round two held at Riverside Sports Centre.
4.00 **Premier League Stories**
4.30 **MotoGP Rewind**
4.45 **TNT Sports Cricket Reload**
5.00 **CPL Highlights**
5.30 **TNT Sports Reload**
6.00 **UEFA Road to the Finals**
7.00 LIVE **UEFA Super Cup** Paris Saint-Germain v Aston Villa. Coverage of the match from Red Bull Arena. Kick-off 8.00pm.
10.30 **The Grenfell Athletic Story**
11.30 **MLB Plays of the Week**
12.00 M'T LIVE **MLB** New York Yankees v Seattle Mariners. Coverage from Yankee Stadium. Start-time 12.05am.
3.00 AM **Discovery Golf**
3.30 **TNT Sports Reload**
4.00 **to 6.00** AM **Supercars**

## TNT Sports 2

411 414 522 409 431

6.00 AM **What I Wore** John Barnes.
6.30 **Fishing: On the Bank**
7.30 **The Gallagher PREM**
9.30 **MotoGP** Grand Prix of Britain.
1.00 PM **CPL Highlights**
1.30 **Playing for Our Future: Cricket**
1.45 **The Gruppetto** Cycling news.
2.00 **Longines Global Champions Tour** Grand Prix of London.
3.00 **Test Cricket Highlights** A look back at West Indies v Pakistan.
5.00 **Kenny Allstar's Number 1's**
5.30 **The Gruppetto** Cycling news.
5.45 **MLB Plays of the Week**
6.15 **MLB Highlights** Baseball action.
7.15 LIVE **MLB** St Louis Cardinals v Philadelphia Phillies. Coverage of the National League match at Busch Stadium. Start-time 7.15pm.
10.00 **Men's Cycling Pro Series**
11.00 **CPL Highlights** Jamaica Kingsmen v Barbados Tridents.
11.30 LIVE **CPL** Saint Lucia Kings v St Kitts & Nevis Patriots. Coverage of the T20 match from Daren Sammy Cricket Ground in Saint Lucia.
3.45 AM **TNT Sports Cricket Reload**
4.00 **to 6.00** AM **Snooker: Chinese Open**

## Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
11.30 **Super League Highlights**
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **NBA Basketball** Minnesota Timberwolves v Phoenix Suns.
10.00 **NBA on Fire** News and highlights.
10.30 **NFL Bitesize Highlights**
11.00 **NFL Highlights** New England Patriots v Houston Texans.
12.00 M'T **Women's Super League** Wigan Warriors v Leeds Rhinos.
12.15 AM **Super League Highlights** Leeds Rhinos v Catalans Dragons.
12.30 **Women's Super League**
12.45 **Super League Highlights**
1.00 LIVE **WNBA** Dallas Wings v Toronto Tempo. Coverage of the inter-conference match at College Park Center in Arlington, Texas. Tip-off 1.00am.
3.00 LIVE **WNBA** Golden State Valkyries v Chicago Sky. Coverage of the inter-conference match held at Chase Center. Tip-off 3.00am.
5.30 **to 6.00** AM **Super League**

## Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.00 **Super League** St Helens v Wigan Warriors at BrewDog Stadium.
10.45 **My Icon** Darren Campbell.
11.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 **Sports Desk** Analysis.
2.30 **My Icon** Profiles.
2.55 LIVE **The Hundred** Birmingham Phoenix v MI London. Coverage of the women's match from Edgbaston, Birmingham. Start-time 3.00pm.
6.00 **Sky Sports News**
7.00 **The Transfer Show**
8.00 **Sports Centre**
9.00 LIVE **ATP Tennis** Coverage from the men's doubles on day 11 of the Canadian Open, the ATP 1000 event in Montreal, which is a hard-court tournament.
11.00 LIVE **WTA & ATP Tennis** Further coverage from day 11 of the Canadian Open, the ATP 1000 event in Montreal and the WTA 1000 event in Toronto, both hard-court tournaments, featuring the semi-finals.
4.00 **to 6.00** AM **WTA & ATP Tennis**

## TNT Sports 3

413 415 523 410 432

6.00 AM **Test Cricket Highlights**
8.00 **One-Day International Cricket**
10.00 **Kenny Allstar's Number 1's**
10.30 LIVE **European Athletics Championships** Coverage of the morning session on the third day held at Alexander Stadium.
1.00 PM **MLB Highlights**
2.00 **UEFA Champions League**
2.30 **Premier League Stories**
3.00 **What I Wore** John Barnes.
3.30 **Sign Up: Into Football**
4.30 **Premier League Legends**
5.30 **Serie A** Review of 2025/26.
6.30 **Golden Trail World Series**
7.00 LIVE **European Athletics Championships** The evening session on the third day held at Alexander Stadium, Birmingham.
10.00 **Snooker: Chinese Open**
12.00 M'T **World Series of Poker**
1.00 AM **UEFA Super Cup**
2.30 **NWSL** Recent highlights.
4.30 **to 6.00** AM **Premier League Legends**

## TNT Sports 4

414 416 524 411 434

6.00 AM **Premier League Netbusters** The best goals and action from the 2025/26 season.
3.00 PM **Supercars Championship Highlights** Perth Super 440.
5.00 **LIV Golf** The 11th round of the season from New Jersey.
6.00 **Ultimate Pool** The Group A matches in the Super 8's of the Champions League tournament.
7.30 **MotoGP Highlights** Action from the MotoGP British Grand Prix.
8.30 **Discovery Golf** The latest news.
9.00 **FIM Speedway Grand Prix Highlights** Action from the eighth round of the season in Riga, Latvia.
10.00 **UFC Countdown** The fighter's preparations ahead of UFC 330.
11.00 **UFC** A chance to see Mateusz Gamrot v Quillan Salkilld.
2.00 AM **The Verdict** A look ahead.
3.00 **UFC: The Ultimate Fighter**
4.00 **UFC Countdown** UFC 330.
5.00 **to 6.00** AM **Men's Cycling Pro Series**

## Premier Sports 1

419 APP 528

6.00 AM **Coppa Italia** The final.
8.00 **Swedish Speedway**
10.00 **FIM Quadcross Championship**
10.30 **NASCAR** The Iowa Corn 350.
11.30 **FIM Sidecarcross Championship**
12.30 PM **Sporting Greats**
1.00 **German Cup** This year's final.
3.00 **Swedish Speedway**
5.00 **LaLiga Match Highlights**
5.10 LIVE **Football** Everton v Newcastle United. The pre-season friendly from Murrayfield. Kick-off 5.15pm.
7.15 **LaLiga Match Highlights**
7.25 LIVE **Football** Manchester United v Leeds United. The pre-season friendly at Croke Park. Kick-off 7.30pm.
9.30 **Football's Greatest**
10.00 **KOTV Weekly** Boxing news.
10.30 **LaLiga** Real Madrid v Barcelona.
12.30 AM **Sporting Greats**
1.00 **EUT20 Belgium** The final.
4.45 **Africa Eco Race** Highlights.
5.00 **to 6.00** AM **NASCAR**

## Premier Sports 2

420 APP 529

6.00 AM **Rugby Junior World Championships** Japan v Spain. **7.45** A replay of Georgia v Fiji. **9.30** A replay of Italy v Ireland.
11.15 **Africa Eco Race** Highlights.
11.30 **Temples of Sport**
12.00 NOON **EUT20 Belgium** Another chance to see the final at Stars Arena in Hofstade, Belgium.
3.45 PM **LaLiga Match Highlights** Action from Alaves v Barcelona.
4.00 **Football's Greatest**
5.00 **United Rugby Championship** Another chance to see Stormers v Cardiff in a quarter-final.
7.00 **United Rugby Championship** Leinster v Lions in a quarter-final.
9.00 **Temples of Sport** Iconic sporting venues from around the globe.
9.30 **Argentine Primera** Action from the top flight of Argentine football.
1.30 AM **NASCAR O'Reilly Series** The Hy-Vee PERKS 250 in Iowa.
4.30 **Temples of Sport**
5.00 **to 6.00** AM **Motorsport**



SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

# Thursday

13 August

## Planner

### My Brilliant Career *DRAMA Netflix*

Based on the novel by Australian novelist Miles Franklin, this period drama tells the story of Sybylla (Philippa Northeast), a headstrong aspiring writer determined to live life to the fullest, despite societal pressures to marry.

### Hit Point

*CRIME DRAMA U&Dave, U&Drama & U&W, 9pm (box set, U)*

This unique blend of crime thriller and romantic drama focuses on the relationship between detectives Leo (Nick Blood) and Bella (Saffron Hocking) as they investigate a heist that makes little to no sense.

### A House Through Time

*DOCUMENTARY*

*BBC2, 9pm*

*(box set, BBC iPlayer)*

The series returns with David Olusoga heading to Edinburgh to explore the history of a 1765 home on Calton Hill, uncovering the human stories hidden within its walls.

### The Big Deal with Steph McGovern

*ENTERTAINMENT*

*BBC2, 8pm*

The broadcaster hosts this challenge in which pairs of contestants demonstrate their eye for a masterpiece and ability to secure a sale, with £50,000 worth of art waiting for the winners.

Thursday

| SKY | EVENING TIME | 7.00PM | 7.30PM | 8.00PM | 8.30PM | 9.00PM | 9.30PM | 10.00PM | 10.30PM |
|---|---|---|---|---|---|---|---|---|---|
| FAVOURITES | 101 BBC1 | 7.00 The One Show † | 7.30 EastEnders | 8.00 Athletics: European Championships – Live: Coverage of day four | | | | 10.00 News; Local News | |
| | 102 BBC2 | 7.00 Athletics: European Championships... | | 8.00 The Big Deal with Steph McGovern | | 9.00 A House Through Time | | 10.00 Red Dwarf | 10.30 Newsnight |
| | 103 ITV1 | ‹ 6.30 News | 7.30 Tom Kerridge... | 8.00 Emmerdale | 8.30 Coronation... | 9.00 The Chase Around the World | | 10.00 News; Local News | |
| | 104 CHANNEL 4 | 7.00 News | | 8.00 Renovation Rescue | | 9.00 Spy Next Door: The Anna Chapman... | | 10.00 The Schoolgirl Terrorist? | |
| | 105 5 | 7.00 Around the World in First Class with... | | 8.00 The Yorkshire Vet Special: Peter's... | | 9.00 Benidorm Is Murder | | 10.00 Killer at the Crime Scene | |
| | 106 SKY ONE | 7.00 The Simpsons | | 8.00 Rob & Romesh vs Magic in Vegas | | 9.00 The Dyers' Caravan Park | | 10.00 The Paper | |
| ENTERTAINMENT | 115 BBC3 | 7.05 Deadly 60 | | 8.00 Sort Your Life Out with Stacey Solomon | | 9.00 Better Date than Never | | | 10.30 RuPaul's Drag... |
| | 116 BBC4 | 7.00 Villages by the... | 7.30 Wainwright... | 8.00 Operation Mincemeat | | 9.00 The Coen Brothers Story | | 10.00 Film: Inside Llewyn Davis | |
| | 118 ITV2 | 7.00 The Floor | | 8.00 The 1% Club | | 9.00 Romesh Ranganathan's Parents'... | | 10.00 Changing Ends | 10.35 Family Guy |
| | 136 MORE4 | ‹ 6.50 Car S.O.S. | | 7.55 Grand Designs | | 9.00 The Reclaimers: Made in Suffolk | | 10.00 24 Hours in A&E | |
| | 135 E4 | 7.00 The Simpsons | | 8.00 Vanderpump Rules | | 9.00 Cruising Paradise: Above and Below... | | 10.00 Gogglebox | |
| | 107 SKY WITNESS | 7.00 Nothing to Declare | | 8.00 Caught on Dashcam | | 9.00 CIA | | 10.00 Law & Order: Special Victims Unit | |
| | 108 SKY ATLANTIC | ‹ 6.40 House of the Dragon | | | | 9.00 Possession | | | |
| | 110 U&GOLD | 7.00 Porridge | 7.35 Dad's Army | 8.20 Are You Being Served? | | 9.00 Fawlty Towers | 9.40 Joe & David's Magical Sitcom Tour | | |
| | 111 U&DAVE | 7.00 Mortimer & Mortimer | 7.40 Would I Lie to You? | | | 9.00 Hit Point | | 10.00 Have I Got a Bit More News for You | |
| | 119 ITV3 | ‹ 6.55 Heartbeat | | 8.00 Vera | | | | 10.00 Grantchester | |
| | 120 ITV4 | ‹ 6.50 Sharpe | | | | 9.00 Benidorm | | | |
| | 112 COMEDY CENTRAL | 7.00 Friends | | | | 9.00 Film: The Commitments | | | |
| | 145 SKY SCI-FI | 7.00 Stargate Atlantis | | 8.00 Stargate SG-1 | | 9.00 Resident Alien | | 10.00 Grimm | |
| | 143 U&DRAMA | ‹ 6.40 Last of the Summer Wine | | 8.00 The Marlow Murder Club | | 9.00 Hit Point | | 10.00 New Tricks | |
| | 109 U&ALIBI | 7.00 Private Eyes | | 8.00 Bookish | | 9.10 The Hunting Party | | 10.10 Death in Paradise | |
| | 122 SKY ARTS | 7.00 Voices of the Valleys | | 8.00 Discovering: Michelle Pfeiffer | | 9.00 Clint Eastwood: A Life in Film | | | |
| | 132 U&W | 7.00 MasterChef Australia | | 8.00 Property Brothers: Under Pressure | | 9.00 Hit Point | | 10.00 DIY SOS: The Big Build | |
| DOCUMENTARY | 125 DISCOVERY | 7.00 Supercar Showroom | | 8.00 Wheeler Dealers | | 9.00 Naked and Afraid: Global Showdown | | | |
| | 162 ANIMAL PLANET | 7.00 Treehouse Masters: Out on a Limb | | 8.00 Richard E Grant's Seven Deadly Sins | | 9.00 Alaska: The Last Frontier | | 10.00 Alaskan Bush People | |
| | 129 NAT GEO | 7.00 Air Crash Investigation | | 8.00 Car S.O.S. | | | | 10.00 Engineering Europe | |
| | 123 SKY HISTORY | 7.00 Forged in Fire | | 8.00 Alone | | | | 10.00 Discovered by Disaster | |
| | 155 U&YESTERDAY | 7.00 A Perfect Planet | | 8.00 Bangers & Cash | | 9.00 Bangers & Cash: Restoring Classics | | 10.00 Bangers & Cash | |
| | 114 SKY DOCS | ‹ 6.55 Burden of Proof: Who Killed... | | 8.00 The Essex Murders: Who Killed Goldfinger? | | | | | |

‹ Denotes programmes starting before 7.00pm † Regions vary

# THURSDAY

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Thursday

## BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.00 **Trace, Track, Get My Car Back** (R)
10.30 **LIVE Athletics: European Championships** Coverage of the opening session on day four from Alexander Stadium in Birmingham, including the women's 800m and 400m semi-finals. *Coverage continues at 7.00pm on BBC2.* (S)
1.15 PM **BBC News** (S)
1.40 **Local News** (S)
1.50 **BBC News** (S)
2.00 **Money for Nothing** New edition Upcycling a garden umbrella. (S)
2.45 **Escape to the Country** (S)(R)(AD)
3.30 **The Repair Shop** (S)(R)(AD)
4.30 **The Answer Run** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

10.40 Yesterday

7 PM
7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Amy confides in an unlikely source, Nicola and Eve bond, while Ian finds himself in a worrying situation.(S)(AD)

8 PM
8.00 **LIVE Athletics: European Championships** Gabby Logan presents further coverage of the evening session on day four from Alexander Stadium in Birmingham, including the women's 200m final. The decathlon concludes with the 1500m, and medals are also awarded in the women's triple jump, pole vault and 3,000m, and the men's discus and 800m. With expert analysis from Greg Rutherford and Jessica Ennis-Hill. (S)

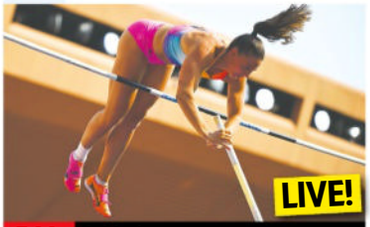
9 PM

10 PM
10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM Yesterday** Comedy written by Richard Curtis, directed by Danny Boyle, and starring Himesh Patel and Lily James. A struggling musician wakes up after being hit by a bus to find he is the only person in the world who remembers The Beatles. With Joel Fry and Ed Sheeran. (S)(AD) (2019, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.30 AM **Alan Carr's Picture Slam** Contestants from Coventry, London and Glasgow compete for the chance of winning £10,000. (S)(R)
1.15 **Weather for the Week Ahead** Seven-day forecast. (S)
1.20 **to 6.00** AM **BBC News** (S)

## BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **The Bidding Room** (S)(R)
7.15 **Money for Nothing** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
10.30 **Antiques Road Trip** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Game show. (S)(R)
2.15 **Do You Know Your Place?** (S)(R)
2.45 **The Great Rift: Africa's Wild Heart** 1/3. Documentary. (S)(R)(AD)
3.35 **Spy in the Ocean** (S)(R)(AD)
4.35 **Vintage Antiques Roadshow** (R)
5.15 **Flog It!** From Co Durham. (S)(R)
6.00 **Richard Osman's House of Games** Quiz show. (S)(R)
6.30 **Bear Grylls: Wild Reckoning** A woman who wants to repair her bond with her daughter. (S)(R)(AD)



7.00 Athletics

7.00 **LIVE Athletics: European Championships** The evening session on day four from Alexander Stadium in Birmingham, including the start of the women's triple jump and pole vault finals. *Coverage continues on BBC1.* (S)

8.00 **NEW SERIES The Big Deal with Steph McGovern** 1/6. Seven pairs of aspiring art dealers compete to spot talent, negotiate deals and make a profit for the ultimate chance to win £50,000 worth of British art. *See feature, page 12.* (S)(AD)

9.00 **NEW SERIES A House Through Time** 1/4. David Olusoga charts history as lived through by the successive inhabitants of a house, this time a property in Edinburgh's Calton Hill. (S)(AD)
■ Entire series on BBC iPlayer

10.00 **Red Dwarf** *Holoship:* 1/6. Rimmer tries to be transferred to a ship crewed by holograms. (S5) (S)(R)
10.30 **Newsnight** (S)
11.05 **Murder Trial** 1/2. The case of Brian Low, who was found dead in rural Scotland in 2024. (S)(R)(AD)
12.05 AM **The Devil in the Family: The Fall of Ruby Franke** 3/3. With the Franke family isolated, people on the outside try to find out what is happening. (S)(R)(AD)
12.55 **Sign Zone: Ambulance** 6/6. Alistair attends to Paul, who has fallen 20ft off a ladder. (S)(R)(AD)
1.55 **Sign Zone: Evolution** (S)(R)(AD)
2.55 **to 6.30** AM **Previews** (S)

## ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
1.30 PM **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David and the team visit Newcastle Racecourse, where a couple of pistols catch Helen Gardiner's eye, and Henry Nicholls lets his heart rule his head as he splashes out on a rare Christmas single. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts the game show as Zee tries to open the 22 red boxes in the right order. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Emmerdale

7.30 **Tom Kerridge Cooks Italy** New edition 5/6. The chef explores Italy's mountains, uncovering the culinary secrets of chestnuts and pasta. In Emilia-Romagna's Apennines, Tom joins producer Adrian for the chestnut harvest. (S)(AD)

8.00 **Emmerdale** Dylan admits to April that he has been struggling. (S)(AD)
8.30 **Coronation Street** Tim takes in Richie's daughter Lucy without consulting Sally, while Harry objects to Kit's childcare solution. (S)(AD)

9.00 **The Chase Around the World** New edition 5/6. The teams land in Zurich to take on the Governess and the Dark Destroyer. Players must solve questions to navigate the city and find Bradley Walsh at the finish line. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Quantum of Solace** James Bond action thriller starring Daniel Craig as Ian Fleming's celebrated secret agent. James Bond embarks on a mission of revenge against the shadowy international crime organisation that caused his lover's death. With Olga Kurylenko, Mathieu Amalric and Judi Dench. (S)(AD) (2008, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.35 AM **Teleshopping**
3.00 **The Summit** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal: Celebrity Special** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

## CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** (S5) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A search for a holiday home in Murcia. (S)(R)
4.00 **Saving Country Houses with Penelope Keith** Nova Guest has decided to get to grips with Ashby Manor's parkland. (S)(R)(AD)
5.00 **Chateau DIY** Chris and Jolyon work on their luxury hotel-style bedroom and bathroom. (S)(R)(AD)
6.00 **American Pickers** New edition Mike and Frank find a never-before-seen farmer's mini-bike. (S)(AD)

8.00 Renovation Rescue

7.00 **News** (S)

8.00 **Renovation Rescue** New edition Vogue Williams and Luke Mabbott come to the aid of widow Fiona and her son Josh, who are finally breathing new life into their beloved family home that holds many precious memories. (S)(AD)

9.00 **Spy Next Door: The Anna Chapman Story** Series finale 2/2. The FBI reveal that Anna Chapman is just one of a sprawling web of Russian agents on the loose in the United States. (S)(AD)

10.00 **NEW The Schoolgirl Terrorist?** One-off documentary focusing on the tragic case of teenager Rhianan Rudd who in 2020 became the youngest female to be charged with terrorism offences in the UK. (S)(AD)
11.05 **Social Media Monsters** The story of how a stalker sought revenge on her former boss. (S)(R)(AD)
12.10 AM **Crime Scene Cleaners** Documentary. (S)(SL)(R)(AD)
1.05 **Secret Lives of Gypsy Wives** (R)
1.55 **Ramsay's Hotel Hell** (S)(R)(AD)
2.45 **Dictator: The Hitler Interviews** (R)
3.40 **Fur Babies** (S)(SL)(R)(AD)
4.35 **Kirstie's House of Craft** (S)(R)
4.55 **Couples Come Dine with Me** (R)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

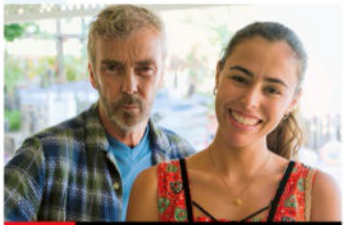


(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

## 5

105 105 | 105 | 5 | 105 | 105 | 5

**5.35** AM **Milkshake!**
**9.15** **Jeremy Vine** (S)
**11.30** **Storm & Alexis** (S)
**12.45** PM **News** (S)
**12.50** **Matt Allwright** (S)
**2.20** **FILM The Replacement Daughter** Thriller starring Stacy Haiduk and Emily Miceli. (S) (2024, PG, 100min) ★★
**4.00** **Castle** *Habeas Corpse:* 19/23. A personal injury attorney is murdered. (S7) (S)(R)
**4.55** **Love Nature** A red kite feeding centre on a family-run farm in the heart of mid-Wales. (S)(R)
**5.00** **News** (S)
**6.00** **Crete: Jewel of the Med** An exploration of the largest of the Greek islands, taking in the Palace of Knossos. (S)(R)
**6.55** **News** (S)



**9.00 Benidorm Is Murder**

**7.00 Around the World in First Class with Josie Gibson** New edition Josie heads for the tourist hotspots of Finland and Sweden, including a visit to Stockholm. (S)
**7.55** **News** (S)

**8.00 NEW SERIES The Yorkshire Vet Special: Peter's Dream** Cameras follow Peter Wright as he creates a Yorkshire pet memorial garden, inspired by the country"s first animal chaplain. (S)

**9.00 Benidorm Is Murder** New episode *Henidorm:* 3/6. A murder shocks the resort, forcing detectives Rosa and Dennis to untangle old resentments, loyalties and deceptive appearances. (S1) (S)(AD)

**10.00 Killer at the Crime Scene** Investigating the death of spa owner Ildiko Krajnyak, who was killed in a explosion at her beauty spa in Orange County, California. (S)(R)

**11.05** **The Body in the Thames** (S)(R)
**12.05** AM **Street Cops: Catching the Yobs** In Wellingborough, Josh hunts down an e-biker. (S)(R)
**1.00** **Teleshopping** (S)(R)
**2.00** **Entertainment News** (S)
**2.10** **GPs: Behind Closed Doors** (R)
**3.05** **Castle** As 4.00pm. (S)(R)
**3.50** **Friends** (S7&8) (S)(R)(AD)
**4.35** **Cruising with Susan Calman** (R)
**5.25** **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128 | 253

## SKY ONE

106 106 | 109 | 346 | 361

**6.00** AM **Mornings**
**7.00** **Mornings with Ridge and Frost**
**8.00** **Stargate SG-1** (S6) (S)(R)
**10.00** **Will & Grace** (S11) (S)(R)(AD)
**11.00** **The Simpsons** (S)(R)
**12.00** NOON **Big Cats Small World** (R)
**1.00** PM **Hawaii Five-0** (S7) (S)(R)
**3.00** **S.W.A.T.** (S1) (S)(R)(AD)
**5.00** **The Simpsons** *Homer Alone:* Marge has a nervous breakdown and has to be packed off for a well-earned holiday. (S)(R)
**5.30** *Radio Bart:* Bart uses a radio transmitter to trick the townsfolk of Springfield. (S)(R)
**6.00** **Animal Control** 12/12. The team go to the Animal Control Officer of the Year awards. (S4) (S)(R)
**6.30** **The Simpsons** *Separate Vocations:* Bart finds a new respect for law and order. (S)(R)

**8.00 Rob & Romesh vs**

**7.00 The Simpsons** *Bart the Lover:* Mrs Krabappel tires of her lonely life and searches for love in the personal ads. (S)(R) **7.30** *Homer at the Bat:* Homer joins the power plant's softball team. (S)(R)

**8.00 Rob & Romesh vs Magic in Vegas** Comedians Rob Beckett and Romesh Ranganathan are invited join Penn & Teller's show in Las Vegas and have just three days to pull their act together. (S)(R)(AD)

**9.00 The Dyers' Caravan Park** 6/6. Danny and Dani reflect on their first season at the park, as well as discovering issues with the local waters and racing to complete their playground plans. (S)(R)(AD)

**10.00 The Paper** *Buddy and the Dude:* 3/10. Ned tags along on Mare's consumer sting story. (S)(R) **10.30** *TTT vs The Blogger:* 4/10. Ned and Esmeralda team up to take on a blogger. (S1) (S)(R)(AD)

**11.00** **Animal Control** 12/12. The team go to the Animal Control Officer of the Year awards. (S4) (S)(R)
**11.30** **Grimm** 12/13. A dark force arrives in Portland intent on reaching Diana. (S6) (S)(R)
**12.30** AM **The Force: Manchester** (R)
**1.30** **Road Wars** (S)(R)
**2.00** **NEW Frank Skinner: 30 Years of Dirt** Stand-up comedy show from the Soho Theatre. (S)
**3.00** **Hawaii Five-0** (S7) (S)(R)
**4.00** **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

## LOCAL VARIATIONS

### BBC1

**SCOTLAND**
Sky **964**, Virgin **862**, Freesat **964**
**7.00-7.30pm** River City (S)(R)(AD) **12.30am** Scotcast (S)(R) **1.00** Alan Carr's Picture Slam (S)(R) **1.45** Weather for the Week Ahead (S) **1.50-6.00am** BBC News (S)

**N. IRELAND**
Sky **966**, Virgin **863**, Freesat **966**
**10.40pm** The Crime I Can't Forget (S)(R)
**11.30pm-1.20am FILM** Yesterday (S)(AD) (2019, 12, 110min) ★★★

**WALES**
Sky **965**, Virgin **864**, Freesat **965**
No variations

### BBC2

**N. IRELAND**
Sky **969**, Freesat **969**
No variations

**WALES**
Sky **968**, Freesat **968**
**11.05pm-12.05am** Eisteddfod with Huw Stephens (S)(R)

### ITV1

No variations

### S4C

Sky **134**, Virgin **164**, Freesat **120**
**6.00am** Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cais Quinnell **12.30** Heno **1.00** Codi Hwyl **1.30** Sgwrs Dan y Lloer **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Sioe Môn **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cynefin **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Gwlad y Basg: Gwilym Bowen Rhys **8.55** Newyddion a'r Tywydd **9.00** Fairbourne: Y Mor Wrth y Drws **10.00** Taclo'r Ty (AD) **10.30-11.35pm** Yr Afon

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## BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

**7.00** PM **The Catch Up**
**7.05** **Deadly 60** Double bill.
**8.00** **Sort Your Life Out with Stacey Solomon** The team help the Jamieson family from East Sussex to declutter.
**9.00** **NEW SERIES Better Date than Never** 1/7. Following people as they take their first steps into the dating scene. **9.30** New editions 2/7. Jack hopes to meet someone he can be himself around. **10.00** 3/7. Jack battles nerves on his first date, and Charles returns to continue his search for romance. ■ Entire series on BBC iPlayer
**10.30** **RuPaul's Drag Race UK: Meet the Queens** RuPaul introduces the 12 queens competing for the title.
**10.55** **FILM Bridget Jones's Baby** Comedy sequel starring Renée Zellweger. (2016, 15, 123min) ★★★
**12.50** AM **The Kim Kardashian Diamond Heist**
**1.35** **The Trouble with Kanye**
**2.50** **to 3.50** AM **Better Date than Never**

## MORE4

136/137 127 | 147 | 18 | 124 | 15

**8.55** AM **Find It, Fix It, Flog It**
**10.00** **Four in a Bed**
**12.40** PM **Come Dine with Me** Five editions of the culinary contest from Co Durham.
**3.20** **Four in a Bed** Five editions of the B&B challenge.
**5.50** **Car S.O.S** Tim and Fuzz restore a 1990s Japanese super saloon for a Devon man forced to give up driving when he developed cancer.
**6.50** **Car S.O.S** Tim and Fuzz go to South Yorkshire to pick up a Ferguson TE20 tractor.
**7.55** **Grand Designs** Design engineer Joe Stuart and service designer Lina Nilsson take on the London property market, as they build their own home on a small 38-square-metre plot.
**9.00** **The Reclaimers: Made in Suffolk** Series finale 5/5. Hayley embraces seasonal wildlife projects and creates a postcard pinboard for local farmer Heidi, while Andy races to supply local pubs and event spaces.
**10.00** **24 Hours in A&E** Doctors treat a 63-year-old man with throat cancer who has suffered a bleed, and a 10-month-old baby who stopped breathing at home.
**11.05** **24 Hours in A&E**
**12.10** AM **999: On the Front Line**
**1.15** **24 Hours in A&E**
**3.25** **to 3.55** AM **A Place in the Sun**

+1 hour 236/237 | 347 | 125

## BBC4

116 119 | 107/108 | 9/24 | 106/108 | 108 | 11

BBC4 programmes start at 7.00pm

**7.00** PM **Villages by the Sea** Exploring the remains of a lost harbour in Port Carlisle.
**7.30** **Wainwright Walks** Julia Bradbury climbs Scafell Pike, England's highest peak.
**8.00** **Operation Mincemeat** How Britain deceived Hitler into thinking the Allies were planning to invade Greece.
**9.00** **NEW The Coen Brothers Story** Documentary on film-makers Joel and Ethan Coen.
**10.00** **FILM Inside Llewyn Davis** The Coen Brothers' music drama starring Oscar Isaac and Carey Mulligan. An aspiring musician struggles to make a name for himself in the New York folk scene of the early 1960s. (2013, 15, 102min) ★★★★★
**11.40** **FILM Shaft** Action thriller starring Richard Roundtree. A tough private eye investigates a kidnapping. (1971, 15, 100min) ★★★★
**1.15** AM **Wainwright Walks**
**1.45** **Operation Mincemeat**
**2.45** **to 3.15** AM **Villages by the Sea**

## E4

135/136 126 | 106 | 13 | 122 | 13

**6.00** AM **Modern Family**
**6.55** **Rude(ish) Tube Shorts**
**7.00** **Couples Come Dine with Me** From Berkshire.
**8.00** **Ramsay's Kitchen Nightmares USA**
**10.00** **America's Funniest Home Videos** Birthday blunders.
**11.00** **Below Deck: Mediterranean**
**12.00** NOON **The Simpsons**
**2.00** PM **Brooklyn Nine-Nine**
**3.00** **Modern Family**
**5.00** **The Simpsons**
**7.00** **The Simpsons** *Itchy & Scratchy Land:* The family visit a scary theme park. **7.30** *Sideshow Bob Roberts:* Sideshow Bob runs for office.
**8.00** **Vanderpump Rules** New edition Angelica exposes Chris and Jason's video to the group.
**9.00** **Cruising Paradise: Above and Below Deck** New edition The crew must scramble to create a full day of onboard entertainment.
**10.00** **Gogglebox**
**11.05** **Naked Attraction**
**12.10** AM **First Dates**
**1.15** **Cruising Paradise: Above and Below Deck**
**2.15** **Vanderpump Rules**
**3.05** **Ramsay's Kitchen Nightmares USA**
**3.55** **The Simpsons**
**4.20** **The Goldbergs**
**5.10** **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 | 306 | 30 | 123 | 256

primetime

primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

# THURSDAY Entertainment

Thursday

## Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Send in the Dogs**
9.00 **Brit Cops: Law & Disorder**
10.00 **Stop, Search, Seize**
11.00 **Police 24/7**
12.00 NOON **FBI** (S2&3)
2.00 PM **The Rookie** 12/22. Nolan and Celina stand guard at a hospital after a prisoner requires surgery. (S5)
3.00 **Law & Order: Criminal Intent** 12/16. The owner of a popular food van is found dead. (S9)
4.00 **Nothing to Declare**

9.00 CIA

## Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town**
8.00 **Billions** 7&8/12. (S5)
10.15 **House of the Dragon** (S1)
12.35 PM **Homicide: Life on the Street** 4&5/22. (S5)
2.30 **Billions** 7&8/12. (S5)
4.40 **The Last of Us** 9/9. Joel and Ellie near the end of their journey. (S1)
**5.35** 1/7. Five years on, Joel seeks help in mending his relationship with Ellie. (S2)
6.40 **House of the Dragon** 5/10. Alicent seeks the truth about the princess. (S1)

9.00 Possession

## ITV2

118 122 115 6 113 6

6.00 AM **Backyard Builds**
6.30 **Dress to Impress**
7.30 **Real Housewives of Potomac**
8.20 **Real Housewives of Beverly...**
9.15 **The Only Way Is Essex**
10.15 **Dawson's Creek** 9/13. (S1)
11.10 **Charmed** 9/22. (S1)
12.10 PM **Deal or No Deal**
1.10 **Supermarket Sweep**
2.10 **The Floor** Game show.
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Potomac**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

9.00 Parents' Evening

## ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Agatha Christie's Poirot**
11.30 **Heartbeat** Double bill.
1.35 PM **Midsomer Murders** *Book of the Dead:* The author of a book that sparked a treasure hunt is found dead.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Dirty Len:* The force leap into action when a labourer at the Kirkbys' farm dies of strychnine poisoning.

4.40 Classic Coronation Street

## ITV4

120 124 118 26 117 21

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **River Monsters**
6.50 **Magnum, PI**
7.50 **Robin of Sherwood**
9.00 **Boon**
10.10 **The Professionals**
11.15 **Robin of Sherwood**
12.20 PM **Magnum, PI**
2.25 **The Casebook of Sherlock Holmes** Murder mystery.
3.30 **Boon**
4.35 **The Professionals**
5.45 **Minder** *Looking for Micky:* A criminal escapes from prison.

4.35 The Professionals

### 7 PM

**7.00 Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

**7.45 House of the Dragon** *The Princess and the Queen:* 6/10. Rhaenyra navigates continued speculation about her children, while Daemon and Laena consider an offer from Pentos. (S1)

**7.00 The Floor** There are 65 contestants still standing and host Rob Brydon turns up the pressure as players fight for squares.

**6.55 Heartbeat** *Growing Apart:* A tractor thief strikes, and Vernon sets himself up as a horticultural expert.

**6.50 Sharpe** *Sharpe's Siege:* 2/3. Having finally recovered from the death of his beloved Teresa, Sharpe marries Jane Gibbons, then rushes off to capture a fort behind French lines. (S4)

### 8 PM

**8.00 Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

**8.00 The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

**8.00 Vera** *The Sea Glass:* The detective investigates the murder of a fisherman whose body was found tangled up in a trawler's net, and who may have been killed as part of a family feud.

### 9 PM

**9.00 CIA** New episode *Forced Labour:* 4/12. A wanted Belarusian national is discovered posing as an expectant father. (S1)

**9.00 Possession** New episode 3/5. Claudia is rescued by Cudjoe after Oliver becomes unexpectedly violent at Hope Hill.

**9.00 Romesh Ranganathan's Parents' Evening** Mel B, Richard Madeley and Jonathan Ross compete in the comedy game show.

**9.00 Benidorm** 1/6. First-ever episode of the comedy starring Johnny Vegas. **9.35** 2/6. Martin and Kate visit the town centre.

### 10 PM

**10.00 Law & Order: Special Victims Unit** *Aperture:* 21/22. An assault at gunpoint is witnessed through a window. (S26)
11.00 **The Rookie** 8/22. (S5)
12.00 M'T **FBI** 13/19. (S2)
1.00 AM **Chicago Med** New episode
2.00 **Chicago Fire** New episode
3.00 **Chicago PD** New episode
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Border Security: Canada's Front Line**

+1 hour 207 310

**10.00 Possession** New episode 4/5. Claudia seeks out her Aunt Mercy to help her defeat Charlotte. (S1)
■ Entire series on Box Sets
11.00 **All Her Fault** 5/8. Suspicion is thrown on all the Irvines and Brian begins to uncover a betrayal from Peter. (S1)
12.05 AM **House of the Dragon** Double bill of the series.
2.45 **Billions** 7&8/12. (S5)
5.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

**10.00 Changing Ends** 2/6. The Carrs go to London. (S3)
**10.35 Family Guy** 11/21. Brian discovers Meg has a secret boyfriend. (S8)
11.05 **Family Guy** 6/21. (S8)
11.35 **American Dad!** 14/20. Steve loses his girlfriend. (S4)
**12.05** AM 19/22. Roger becomes a flower. (S16)
12.35 **Bob's Burgers** (S13)
1.30 **Deal or No Deal**
2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

**10.00 Grantchester** 7/8. Alphy is stunned to discover that a young woman he knows has gone missing, and soon after, an aspiring student journalist is found dead. (S9)
11.00 **Grantchester** 8/8. Geordie and Larry investigate the death of a reclusive man. (S9)
11.50 **Trial & Retribution** (S10)
1.25 AM **Agatha Christie's Poirot**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

**10.00 Benidorm** 3/6. Kelly announces her engagement to Mateo. **10.30** 4/6. Troy gets drunk and flirts with Mateo. (S1)
11.00 **Black Sails** 4/10. Seeing Flint's rise up the ranks leaves Vane feeling like he may be a threat to his position. (S2)
12.15 AM **Hell's Kitchen**
1.10 **The Professionals**
2.15 **Auto Mundial**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

## BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Hidden Lives**
8.00 **Beechgrove Garden** New edition George and Brian tackle viewers' questions.
8.30 **Scotland's Greatest Escape** Three getaways are judged as part of wildcard week.
9.00 **Martin Compston's Scottish Fling** 1/6. The actor travels across his homeland with his friend Phil MacHugh. **9.30** 2/6. The duo head to the Western Isles.
10.00 **Scot Squad** 3/6. Singh and McKirdy gallantly help out a hen do. (S4)
10.30 NEW SERIES **Edinburgh Unlocked** 1/3. The best of the Edinburgh Festival.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Growing Up Scottish**

## Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S3)
9.00 **Sort Of** 3&4/8. (S2)
10.00 **Upright** 5&6/8. (S2)
11.15 **Will & Grace** (S7)
12.15 PM **The Rehearsal** (S1)
1.45 **Upright** 5&6/8. (S2)
3.00 **Will & Grace** (S7)
4.00 **The Office Movers** (S2)
5.00 **Community** (S2)
6.00 **Will & Grace** (S7)
7.00 **The Office (US)** 10/28. The workers fight to get what they want. **7.30** 11/28. Phyllis organises a Moroccan-themed party. (S5)
8.00 **The Office Movers** 1&2/8. Double bill. (S2)
9.00 **Micky Flanagan: If Ever We Needed It** Stand-up performance.
10.15 **Last Week Tonight with John Oliver** A satirical look at developments from the past seven days.
11.00 **The Rehearsal** (S1)
12.30 AM **The Office Movers**
1.30 **The Comeback** (S3)
3.00 **Community** 2/24. (S2)
3.30 **to 5.00** AM **Sort Of**

## Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **The Wiz Live**
8.00 **Artist of the Year: Masterclass**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **The Art of Film with Ian Nathan**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **The Eighties**
4.00 **Discovering**
5.00 **Portrait Artist 2022**
6.00 **Tales of the Unexpected**
7.00 **Voices of the Valleys**
8.00 **Discovering**
9.00 **Clint Eastwood: A Life in Film** Documentary.
10.50 **I Am Alfred Hitchcock**
12.30 AM **Chaplin: The Birth of the Tramp**
1.45 **Laurel and Hardy: Their Lives and Magic**
3.30 **Inside Art**
4.00 **Skinner & Mina's Literary Road Trip**
5.00 **to 6.00** AM **The Art of Film with Ian Nathan**

## Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 4/26. (S6)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** 5/26. (S5)
8.00 **Police 24/7**
9.00 **Killer in My Village**
10.00 **Fred West: The Glasgow Girls** 3/3. Two more bodies are found.
11.00 **Grimm** 4/22. (S1)
12.00 M'T **Fantasy Island** (S2)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

## ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** A team of five friends from Sheffield take part in the quiz.
3.00 **Supermarket Sweep**
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Wendy takes on The Banker for the chance to win a cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Supermarket Sweep** Rylan Clark hosts a revival of the game show in which three pairs of shoppers go wild in the aisles to win £3,000.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz hosted by Warwick Davis.
1.50 **Riddiculous** As 4.00pm.
2.40 **to 3.00** AM **Unwind**

## 4seven

137/138 163 143 49 127 16

9.00 AM **American Pickers**
10.00 **Find It, Fix It, Flog It**
11.00 **Saving Country Houses with Penelope Keith**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Extraordinary Extensions** A couple find a bomb shelter while renovating a B&B.
8.00 **Martin and Roman's Irish Road Trip** Martin and Roman Kemp explore the legends and history of Ireland.
9.00 **24 Hours in A&E**
10.00 **Celebrity Hunted**
12.00 M'T **FILM How to Have Sex** Coming-of-age drama with Enva Lewis, Lara Peake and Mia McKenna-Bruce. (2023, 15, 87min) ★★★★
1.50 AM **Gogglebox**
2.50 **8 Out of 10 Cats Does Countdown**
3.50 **to 4.50** AM **Dover 24/7: Britain's Busiest Port**



★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

## Sky Sci-Fi

145 114/115 140 348 363

**6.00** AM **Most Haunted**
**8.00** **Teleshopping**
**11.00** **Star Trek: Enterprise** (S3)
**12.00** NOON **Star Trek: Voyager**
**1.00** PM **Stargate Atlantis** (S4)
**2.00** **Warehouse 13** 8&9/20. (S4)
**4.00** **Stargate SG-1** 7/20. (S8)
**5.00** **Star Trek: Voyager** 23/26. Kes travels through time to destroy Janeway. (S6)
**6.00** **Star Trek: Enterprise** 20/24. Archer calls a meeting with two high-ranking Xindi in an attempt to stop the superweapon's launch. (S3)

6.00 Star Trek: Enterprise

**7.00** **Stargate Atlantis** *Spoils of War:* 12/20. The crew members of the city-ship conduct a salvage operation. (S4)

**8.00** **Stargate SG-1** *Affinity:* 7/20. When Teal'c is accused of murder, Daniel looks for evidence to defend his friend. (S8)

**9.00** **Resident Alien** *Autopsy:* 9/16. Asta is overwhelmed with guilt after she, Harry and D'Arcy dispose of the dead body. (S2)

**10.00** **Grimm** *The Seven Year Itch:* 5/13. Nick, Hank and Wu investigate a bizarre murder in a park. (S6)

**11.00** **The Walking Dead** 1/16. Rick's group bands together with Maggie's Hilltop survivors and the residents of Ezekiel's Kingdom to fight back against the despotic Negan. (S8)
**12.00** M'T **Resident Alien** 8/16. (S2)
**1.00** AM **Warehouse 13** (S4)
**3.00** **The Walking Dead** (S8)
**4.00** **to 6.00** AM **Most Haunted**

## U&Alibi

109/110 120/130 114 343 358

**7.10** AM **Murdoch Mysteries** (S8)
**9.00** **Shakespeare & Hathaway: Private Investigators** (S3)
**10.00** **The Mentalist** 20/22. (S5)
**11.00** **Hudson & Rex** As 5.00pm.
**12.00** NOON **Body of Proof** (S2)
**1.00** PM **Death in Paradise** (S13)
**2.00** **Murdoch Mysteries** (S8)
**4.00** **The Mentalist** 20/22. (S5)
**5.00** **Hudson & Rex** 1/8. A murder investigation devolves into a kidnapping case. (S7)
**6.00** **Body of Proof** 2/20. A millionaire is accused of shooting his wife. (S2)

9.10 The Hunting Party

**7.00** **Private Eyes** *Finding Leroy:* 14/18. Maz's sister needs Angie's help when a creature goes missing from an aquarium. (S2)

**8.00** **Bookish** *Deadly Nitrate – Part Two:* 4/6. Jack gets an unexpected answer when he confronts Trottie and Book. (S1)

**9.10** **The Hunting Party** New episode *Zack Lang:* 3/13. Bex races to catch a class-obsessed serial killer who bludgeoned wealthy New Yorkers. (S2)
**10.10** **Death in Paradise** *Going Round in Circles:* 1/8. The Commissioner is targeted by an assassin. (S13)

**11.10** **Private Eyes** As 7.00pm.
**12.10** AM **Shakespeare & Hathaway: Private Investigators** 4/10. A woman suspects her sisters of killing their father. (S3)
**1.10** **Death in Paradise** (S13)
**2.10** **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

## U&Gold

110/111 121/131 124 344 359

**7.10** AM **Highlights**
**9.10** **The Green Green Grass**
**9.50** **Are You Being Served?**
**10.30** **Last of the Summer Wine**
**11.50** **Dad** Sitcom.
**12.25** PM **Only Fools and Horses**
**1.05** **Keeping Up Appearances**
**1.45** **Dad's Army**
**2.25** **The Green Green Grass**
**3.05** **Are You Being Served?**
**3.45** **Dad** Sitcom.
**4.25** **Dad's Army**
**5.00** **Last of the Summer Wine**
**6.20** **Keeping Up Appearances**

9.00 Fawlty Towers

**7.00** **Porridge** The inmates face a day of hard labour digging drains.
**7.35** **Dad's Army** Mainwaring and Wilson are trapped in the bank vault with an unexploded bomb.
**8.20** **Are You Being Served?** Young Mr Grace celebrates his birthday.

**9.00** **Fawlty Towers** Sybil walks out on Basil on their wedding anniversary.
**9.40** **Joe & David's Magical Sitcom Tour** 2/3. Joe turns David's love of *Fawlty Towers* into the trip of a lifetime.
**10.45** **Fawlty Towers** A rumour that hotel inspectors are in town brings out the worst in Basil. Guest stars Bernard Cribbins.

**11.25** **Mrs Brown's Boys**
**12.05** AM **Fawlty Towers**
**1.25** **Mrs Brown's Boys**
**2.00** **Don't Wait Up**
**2.45** **to 4.00** AM **The Outlaws**

+1 hour 210/211 324

## U&Dave

111/112 130/132 127 19 157 19

**7.25** AM **Top Gear**
**8.20** **Border Force: America's Gatekeepers** Double bill.
**10.20** **Rick Stein's Cornwall**
**11.20** **Yukon Gold** Documentary.
**12.15** PM **Top Gear** Double bill.
**2.20** **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
**3.00** **Guy Martin: Proper Jobs**
**4.00** **Hairy Bikers' Best of British**
**5.00** **Rick Stein's Cornwall** Four editions, including at: **6.00** Rick travels to St Ives to talk about artist Alfred Wallis. **6.30** With Gillian Burke.

9.00 Hit Point

**7.00** **Mortimer & Whitehouse: Gone Fishing** Fishing for large pike in Norfolk.
**7.40** **Would I Lie to You?** With Rhod Gilbert, Kelly Hoppen, Hal Cruttenden and Carol Vorderman. **8.20** With Gareth Malone, Richard Osman, Amanda Abbington and Phill Jupitus.

**9.00** **NEW SERIES Hit Point** 1/6. Thriller starring Nick Blood and Saffron Hocking. *See feature, page 4.* (S1) ■ Entire series on U

**10.00** **Have I Got a Bit More News for You** Katherine Parkinson hosts the satirical quiz, with Julian Clary and Jemima Kelly.
**11.00** **Taskmaster** With Noel Fielding.
**12.00** M'T **Mock the Week**
**12.40** AM **Would I Lie to You?**
**2.00** **Hit Point** As 9.00pm.
**2.50** **Richard Osman's House of Games** With Martin Roberts.
**3.35** **to 4.00** AM **Parks and Recreation**

+1 hour 211/212 327 74 259

## U&Drama

143 132/134 116 20 158 20

**7.20** AM **The Bill**
**8.20** **Doctors**
**9.35** **Classic Holby City**
**10.50** **Casualty**
**11.50** **The Bill**
**12.50** PM **Classic EastEnders**
**2.00** **Classic Neighbours**
**3.00** **Whitstable Pearl**
**4.05** **Lovejoy**
**5.20** **As Time Goes By**
**6.00** **Last of the Summer Wine** The trio lament the lack of fresh vegetables available. **6.40** An old friend of the trio's arrives back in town.

9.00 Hit Point

**7.20** **Last of the Summer Wine** Foggy takes Compo and Clegg on a nostalgic day out to the Keighley and Worth Valley Railway.

**8.00** **The Marlow Murder Club** *The Queen of Poisons – Part One:* 1/6. The Mayor dies in the middle of a meeting. (S3)

**9.00** **NEW SERIES Hit Point** 1/6. A complicated heist pulls two detectives into a dangerous underworld. *See feature, page 4.* (S1)

**10.00** **New Tricks** *Dark Chocolate:* The team reinvestigate a recent rape case linked to two unsolved attacks at a factory 10 years previously.

**11.20** **Luther** 3/4. The detective's holiday is interrupted by news of a violent attack. (S2)
**12.35** AM **Lovejoy**
**1.45** **Sister Boniface Mysteries**
**2.40** **to 4.00** AM **Hotel Portofino**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

## 5USA

141/169 129 120/162 21 129 29

**9.00** AM **Entertainment News**
**9.10** **NCIS** 10-12/23. (S1)
**12.00** NOON **Law & Order**
**6.00** PM **NCIS** *The Good Wives Club:* 2/23. The agents pursue a killer. **7.00** *Vanished:* 3/23. A Marine helicopter is found in a crop circle. **8.00** *Lt Jane Doe:* 4/23. A case stirs up bad memories for Ducky. (S2)
**9.00** **Blue Bloods** *The End:* 15/16. Shockwaves ripple through the Reagan family. (S11)
**10.00** **Law & Order: Special Victims Unit** *Something Happened:* 7/24. Benson shares personal secrets with a rape victim. **11.00** *Intent:* 8/24. The team get involved in an online hoax. (S19)
**12.00** M'T **Law & Order: Special Victims Unit**
**1.55** AM **NCIS: Hawaii** (S3)
**2.55** **to 3.50** AM **Wild Cards**

+1 hr 241/269 320/362 130

## 5STAR

128/129 128 126 32 131 25

**8.00** AM **Bargain-Loving Brits in the Sun**
**10.00** **Nightmare Tenants, Slum Landlords**
**11.00** **Traffic Cops** Triple bill.
**2.00** PM **Police Interceptors**
**5.00** **Shoplifters: Caught Red Handed**
**6.00** **Home and Away**
**7.00** **GPs: Behind Closed Doors** Medical series.
**8.00** **Casualty 24/7: Every Second Counts**
**9.00** **A&E After Dark** A patient suffering with a collapsed lung is rushed to hospital.
**10.00** **Ambulance: Code Red** A machine operator's hand gets crushed.
**11.00** **Skin A&E**
**12.00** M'T **Killer at the Crime Scene** Ildiko Krajnyak.
**1.00** AM **Cold Case Killers**
**2.00** **Casualty 24/7: Every Second Counts**
**2.45** **Skin A&E**
**3.35** **to 4.00** AM **Friends**

+1 hour 228/229 326 140

## 5Action

150 165 130 33 132 26

**9.00** AM **Entertainment News**
**9.15** **Trucking Hell**
**10.15** **Police Interceptors**
**11.15** **Gunsmoke** (S12)
**12.20** PM **FILM Lawman** Western. (1970, 15) ★
**2.25** **FILM The Tall T** Western. (1957, PG, 78min) ★★
**4.00** **Highway Thru Hell**
**5.00** **Motorway Cops: Catching Britain's Speeders** Documentary.
**6.00** **Police Interceptors**
**8.00** **Motorway Cops: Catching Britain's Speeders** Documentary.
**9.00** **Police Interceptors**
**10.00** **Timber Titans** New edition A team tackle the tallest trees in British Columbia.
**11.00** **The X-Files** 18/20. (S5)
**12.00** M'T **Walker** New episode *Don't Fence Me In:* 4/18. (S1)
**1.00** AM **Outback Truckers**
**2.00** **Trucking Heavy**
**3.50** **to 4.00** AM **Entertainment News**

## U&W

132/133 131/133 125 25 156 28

**6.10** AM **Property Brothers: Forever Homes**
**6.55** **Tipping Point** Triple bill.
**10.00** **DIY SOS: The Big Build**
**1.00** PM **Tipping Point**
**4.00** **Property Brothers: Forever Homes**
**5.00** **DIY SOS: The Big Build**
**7.00** **MasterChef Australia** New edition
**8.00** **Property Brothers: Under Pressure** New edition A mother and daughter want to buy a large family home. ■ Entire series on U
**9.00** **NEW SERIES Hit Point** 1/6. Romantic thriller. *See feature, page 4.* (S1) ■ Entire series on U
**10.00** **DIY SOS: The Big Build**
**11.00** **First Responders**
**1.00** AM **Butchers of the Bayou** Documentary.
**1.45** **Teleshopping**
**1.55** **to 3.00** AM **Body on the Beach: What Happened to Annie?**

+1 hour 232/233 325

## U&Yesterday

155 133/161 129 27 159 27

**6.10** AM **Abandoned Engineering**
**8.00** **Bangers & Cash: Restoring Classics**
**10.00** **Berlin Wall: The Night the Iron Curtain Closed**
**11.00** **The World at War**
**12.00** NOON **Antiques Roadshow** Double bill.
**2.00** PM **Bangers & Cash**
**4.00** **Berlin Wall: The Night the Iron Curtain Closed**
**5.00** **The World at War**
**6.00** **Antiques Roadshow**
**7.00** **A Perfect Planet**
**8.00** **Bangers & Cash** New edition Derek picks up a 1968 Mini Moke, an Amphicar 770 and a Polish Fiat 216.
**9.00** **Bangers & Cash: Restoring Classics**
**10.00** **Bangers & Cash**
**12.00** M'T **Bangers & Cash: Restoring Classics**
**1.00** AM **Find It, Fix It, Flog It**
**2.00** **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

## Really

142 153 165 44 149 40

**6.00** AM **Celebrity Fantasy Homes** Michelle Collins.
**7.00** **Teleshopping**
**8.00** **Escape to the Country**
**9.00** **Salvage Hunters**
**12.00** NOON **The Yorkshire Auction House**
**2.00** PM **The Repair Shop**
**3.00** **Salvage Hunters**
**5.00** **Who Do You Think You Are?** With Judi Dench.
**6.00** **The Repair Shop**
**7.00** **The Yorkshire Auction House** A man raises money to adapt a house for his ill wife's needs.
**8.00** **Antiques Road Trip**
**9.00** **The Bad Skin Clinic** A man's swollen nose is making it hard to breathe. **10.00** A man's skin condition is threatening his livelihood.
**11.00** **Help! My House Is Haunted** Triple bill.
**2.00** AM **Teleshopping**
**4.00** **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

# THURSDAY Entertainment

Thursday

## Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S6)
9.00 **Bramwell** 4/7. (S1)
10.00 **The Irish RM** 4/6. (S1)
11.00 **Little House on the Prairie** 1&2/23. (S3)
1.00 PM **The Waltons**
4.00 **Little House on the Prairie** 1&2/23. (S3)
6.00 **The Irish RM** 4/6. (S1)
7.00 **M*A*S*H** 5/24. Sergeant Baker arrives with his 'moose'. **7.30** 6/24. The 4077th are forced to make a film. **8.00** 7/24. Hawkeye fakes a breakdown. **8.30** 8/24. A pilot stalks Henry. (S1)
9.00 FILM **Carry On Regardless** Comedy with Sidney James and Kenneth Williams. (1961, b/w, PG, 85min) ★★★
10.55 **Robin's Nest** (S3&4)
11.55 **M*A*S*H** 5–8/24. (S1)
1.55 AM **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

## Great! Action

318 317 426 42 33

9.00 AM **Wanted: Dead or Alive** 5/32. (S2)
9.30 **Murder Maps**
10.30 FILM **Two Rode Together** Western with James Stewart and Richard Widmark. (1961, PG, 109min) ★★★
12.50 PM **The Unit** 6/23. (S2)
1.50 **Burn Notice** (S3)
3.50 FILM **First Kill** Action thriller starring Bruce Willis and Ty Shelton. (2017, 15, 97min) ★★
6.00 **The Unit** 6/23. (S2)
7.00 **Burn Notice** (S3)
9.00 FILM **Soldier Blue** Western starring Candice Bergen. (1970, 18, 109min) ★★★★
11.30 **The Avengers** (S5)
12.30 AM **The New Avengers**
1.30 **The Persuaders!**
2.30 FILM **Asteroid: Final Impact** Action thriller. (2015, PG, 86min) ★
4.05 **Coast Guard Alaska**
5.00 **to 6.00** AM **Air Rescue**

+1 hour 319

## Great! Mystery

320 318 425 50 48

8.10 AM FILM **Martha's Vineyard Mysteries: Ships in the Night** Drama with Sarah Lind. (2021, PG, 89min) ★★
10.10 **Hailey Dean Mysteries**
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S4)
2.00 **Castle** 23/23. (S4)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 1/24. (S5)
8.00 **Unforgettable** (S4)
9.00 **In Plain Sight** (S4)
10.00 FILM **Morning Show Mysteries: A Murder in Mind** Thriller starring Holly Robinson Peete. (2019, PG, 84min) ★★
11.55 **Hailey Dean Mysteries** Drama with Kellie Martin and Giacomo Baessato.
1.45 AM FILM **Scandal: My Daughter's Secret** Thriller. (2021, PG) ★★
3.30 **to 5.00** AM FILM **The Threat Next Door** Thriller. (2023, PG) ★★

+1 hour 321

## Great! Romance

322 319 424 52 47

8.10 AM FILM **Can't Buy My Love** (2017, PG) ★★
10.05 FILM **Fashionably in Love** Romantic comedy. (2023, PG, 87min) ★★
12.05 PM FILM **Date with Love** Romantic comedy. (2016, U, 85min) ★★
2.00 FILM **To England, with Love** Romantic comedy. (2023, PG, 89min) ★★
4.00 FILM **Caribbean Summer** Comedy. (2022, PG, 84min) ★★
5.55 FILM **Aloha With Love** Romantic comedy. (2022, PG, 90min) ★★
7.50 FILM **When Love Springs** Comedy. (2023, PG, 84min) ★★
9.45 FILM **Splash of Love** Romantic comedy. (2022, U, 85min) ★★
11.40 FILM **Two for the Win** Drama. (2021, PG) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **To England, with Love**

+1 hour 323

## Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** From Blackpool.
1.00 PM **Country House Auction** Documentary.
2.00 **The Two Ronnies in Australia** Sketch show.
3.00 **Garden Rescue**
4.00 **Rick Stein's Food Stories** From Leicester.
4.45 **This Farming Life**
6.00 **The Two Ronnies in Australia** Sketch show.
7.00 **Love Your Garden**
8.00 **Garden Rescue**
9.00 **Yorkshire by the Sea** A family who have been fishing the North Sea for generations.
10.00 FILM **Cruel Passion** Drama with Koo Stark. (1977, 18, 99min) ★★
12.00 M'T FILM **Got It Made** Drama. (1974, 18) ★★
1.45 AM **Real Thick Glasses**
2.00 **Yorkshire by the Sea**
3.00 **Love Your Garden**
4.00 **to 5.00** AM **Country House Auction**

## Rewind TV

182 81 164 141

6.00 AM **Highlights**
10.00 **Doctor in Charge** (S1)
10.30 **The Upper Hand** (S1)
11.00 **The Gaffer** 1/6. (S1)
11.30 **Only When I Laugh**
12.00 NOON **Man in a Suitcase**
1.00 PM **Two's Company**
1.30 **Agony** 4/6. (S1)
2.00 **Second Thoughts** (S3)
2.30 **The Gaffer** 1/6. (S1)
3.00 **Only When I Laugh**
3.30 **Randall and Hopkirk (Deceased)** 10/26. (S1)
4.30 **Old Country** (S2)
5.00 **Stereo Underground**
6.00 **Danger Man** 20/39. (S1)
6.30 **The Upper Hand** (S1)
7.00 **Doctor in Charge** (S1)
7.30 **Man in a Suitcase**
8.30 **Randall and Hopkirk (Deceased)** 10/26. (S1)
9.30 **The New Statesman**
10.00 **The Kenny Everett Naughty Joke Box**
11.35 FILM **Sex Farm** Comedy. (1974, 15, 84min) ★
1.15 AM **Stereo Underground**
2.15 **to 6.00** AM **Highlights**

## DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **Unexplained and Unexplored**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Homestead Rescue: Raney Ranch**
5.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters** The Dirt Dogs' huge dry blower shuts down due to extreme temperatures. **8.00** Neville and Mick end the season set to deliver a monster nugget.
9.00 **Expedition X** The team investigate reports of a government conspiracy.
10.00 **Expedition Files**
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

## Food Network

144 152 168 43 148 39

6.00 AM **Jamie Cooks Italy**
7.00 **Hairy Bikers Go West**
8.00 **Delicious Miss Brown**
9.00 **Jamie's One-Pan Wonders** Double bill.
10.00 **Barefoot Contessa**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go West**
4.00 **Jamie's One-Pan Wonders** Double bill.
5.00 **The Pioneer Woman**
6.00 **James Martin's Islands to Highlands**
7.00 **The Great British Bake Off** Double bill.
9.00 **Michel Roux's French Country Cooking** Michel treats his friends to an irresistible red rice salad.
10.00 **Nigel's Simple Suppers**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

## Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 9/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 3/22. (S3)
11.00 FILM **Apocalypse Pompeii** Disaster movie. (2014, 15, 87min) ★
1.00 PM FILM **The Spy Who Came in from the Cold** Spy thriller. (1965, b/w, PG, 107min) ★★★★
3.15 FILM **Dakota Incident** Western adventure. (1956, PG, 88min) ★★
5.00 **Star Trek** 16/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 4/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 FILM **Killing Field** Thriller with Bruce Willis. (2021, 15, 97min) ★★★
11.00 FILM **Mobsters** Thriller. (1991, 18, 104min) ★
1.10 AM FILM **Impostor** Thriller with Gary Sinise. (2002, 15, 96min) ★★
3.00 **to 5.00** AM FILM **No Mercy** Crime thriller. (1986, 15, 105min) ★

## Legend Xtra

316 316 171 69 138 51

9.00 AM FILM **Island of Terror** Sci-fi horror. (1966, PG, 90min) ★★★
11.00 **Andromeda** 18/22. (S4)
12.00 NOON **Jules Verne's Mysterious Island**
2.00 PM FILM **Riddles of the Sphinx** Adventure. (2008, 12, 89min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **The Blood Beast Terror** Period chiller. (1967, 12, 88min) ★
7.00 **Andromeda** 19/22. (S4)
8.00 **The A-Team** 13/25. (S3)
9.00 FILM **Lawless** Crime drama with Tom Hardy and Shia LaBeouf. (2012, 18, 111 min) ★★★★
11.25 FILM **Stratton** Thriller starring Dominic Cooper. (2017, 15, 94min) ★★
1.25 AM FILM **The Blood on Satan's Claw** Horror. (1970, 18, 93min) ★★★
3.20 FILM **The Blood Beast Terror** As 5.00pm.
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

## Blaze

156 169 174 64 161 41

6.00 AM **Pawn Stars**
9.20 **Hardcore Pawn**
1.05 PM **Container Wars** Ten editions, including at: **4.35** A team of bidders use aggressive tactics. **5.00** A container from Guam is up for grabs. **5.30** A valuable container arrives in port.
6.00 **Storage Wars** Kenny makes his way out to the mountains, while watching out for cougars. **6.30** In Rosamond, Ivy and Pops manage to deftly score a fine locker.
7.00 **Dickinson's Real Deal**
9.00 **Accidental Truth: UFO Revelations** Revelations that haven't been shared publicly.
11.00 **The Curse of Oak Island**
1.00 AM **Mission Unexplained**
2.00 **Court Cam** Double bill.
3.00 **Storage Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

## 5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
11.00 **Ben Fogle: New Lives in the Wild** Alaska.
12.00 NOON **All Creatures Great and Small** (S5)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Dorset: Country and Coast** From Shaftesbury.
6.00 **Great British Ships**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **PD James: An Unsuitable Job for a Woman** *Playing God – Part Two:* Cordelia Gray accepts a job from Chief Superintendent Fergusson, who hires her to spy on his daughter's boyfriend.
10.00 **The Good Ship Murder** *Ancona:* 8/8. Someone close to the ship is found murdered. (S3)
11.05 **Prisoner: Cell Block H**
1.10 AM **Murder, She Wrote**
3.10 **to 4.00** AM **Great British Ships**

## Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Celebrity Antiques Road Trip** With Peter Snow.
12.15 PM **Lily Savage's Blankety Blank**
1.00 **Classic Who Wants to Be a Millionaire?**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **All Star Family Fortunes** With Brian Dowling and Kym Marsh.
4.45 **Celebrity Antiques Road Trip** With Terry Wogan.
6.00 **Tenable** Five university friends take part.
7.00 **Beat the Chasers** Quiz.
8.00 **The Chase** Double bill.
10.00 **The Celebrity Chase** With Tony Audenshaw, Beth Tweddle, Kara Tointon and Louis Walsh.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
2.00 **The Celebrity Chase**
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

## TLC

133/134 139 113/128 12 144 17

7.00 AM **The Middle**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **The Middle**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the comedy, including at: **8.00** 24/24. Leonard is offered an exciting job opportunity abroad. (S6) **8.30** 1/24. Sheldon and Penny bond. (S7)
9.00 FILM **Forrest Gump** Multi-Oscar-winning whimsical fable starring Tom Hanks as a simpleton who leads a charmed existence over four turbulent decades of US history. (1994, 12, 136min) ★★★★
12.00 M'T **Unacceptable**
1.00 AM **The Middle**
2.30 **Dr Pimple Popper**
3.30 **My 600lb Life**
5.30 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hr 233/234 313/328 99

## Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** Variety show.
9.00 **Everybody Loves Raymond** (S7)
11.00 **The Upper Hand**
1.00 PM **Friends** (S2)
8.00 **Friends** 15/24. Monica falls for a family friend. **8.30** 16/24. Joey decides to move out. (S2)
9.00 FILM **The Commitments** Comedy drama about the struggles of a soul band in Dublin, starring Robert Arkins and Angeline Ball. (1991, 15, 118min) ★★★★
11.20 **Stupid Central**
12.20 AM **Whose Line Is It Anyway? USA**
1.20 **Gods of the Game**
1.50 **The Comedy Bus**
2.20 **South Park** (S9)
3.15 **Dragony Aunts**
3.25 **Bradley & Barney Walsh: Breaking Dad**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

## Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S7)
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Christmas Show**
11.00 **Friends** (S5)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S7)
7.00 **Michael McIntyre's Big Christmas Show**
8.00 **The Upper Hand** (S2)
9.00 **Rhod Gilbert's Growing Pains** With Judi Love.
10.00 **Friends** 13–18/24. (S1)
1.00 AM **8 Out of 10 Cats: Best Bits** Highlights.
1.55 **Michael McIntyre's Big Christmas Show**
2.55 **Most Ridiculous**
3.45 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

## That's TV

56 42

8.00 AM **Highlights**
10.55 **Steptoe and Son** (S3)
11.25 **Oh, Doctor Beeching!**
12.00 NOON **Rising Damp Xmas 1975** 8/8. (S2)
12.30 PM **Man About the...**
1.00 **Goodnight Sweetheart**
1.35 **When the Boat Comes In** 4/13. Drama. (S1)
2.40 **Minder** 11/11. (S4)
3.45 **Just Good Friends** (S2)
4.20 **Man About the House**
4.55 **Bread** 10/11. (S7)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.15 **Rising Damp** 7/8. (S2)
6.50 **Steptoe and Son** (S3)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 6/13. (S2)
9.00 **Benidorm** 6/9. (S9)
9.55 **Shameless** 11/16. (S6)
10.55 **Man About the House**
11.25 **Mind Your Language**
11.55 **Benidorm** 6/9. (S9)
12.55 AM **Minder** 3/8. (S6)
2.00 **Duty Free** 7/7. (S2)
2.25 **to 5.00** AM **Highlights**

## MTV

126/127 137 134 351 366

6.00 AM **Daria** 3/13. (S2)
6.20 **Teen Mom 2**
7.10 **Bar Rescue**
8.00 **Dallas Cowboys Cheerleaders**
9.00 **Catfish: The TV Show**
10.00 **Judge Judy**
12.00 NOON **Charmed**
2.00 PM **Catfish: The TV Show** Reality series.
3.00 **Judge Judy**
5.00 **Charmed** Double bill.
7.00 **Teen Mom: The Next Chapter** Catelynn and Tyler visit their daughter.
8.00 **Judge Judy**
9.00 **Just Tattoo of Us** *Ex on the Beach*'s Natalie Harris is taught a lesson by her mother.
10.00 **Jersey Shore Family Vacation** New edition Ronnie and Mike turn Vegas into a getaway.
11.00 **Geordie Shore**
12.00 M'T **Ink Master: Angels**
1.00 AM **Ink Master**
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

# Documentaries

13 August **Thursday**

Thursday

## Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **The Pool Master**
9.00 **Gold Rush** Double bill.
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of the series.
3.00 **How It's Made** Four editions of the series, including at: **4.30** A look into how handcuffs, propane tanks and caulking are manufactured.
5.00 **Alaska: Homestead Rescue** The Raneys help out when Kentucky homestead built in a ghost town drowns in floods.

9.00 Naked and Afraid: Global...

7.00 **Supercar Showroom** Dean and Trudie jet off to Milan as they plan to expand the business from supercars into hypercars.
8.00 **Wheeler Dealers** Mike Brewer conducts a complete refresh on a well-maintained 1987 Mercedes 560SL.
9.00 **Naked and Afraid: Global Showdown** New edition A primitive weapons challenge leads to a shocking elimination, food struggles may force medics to step in, and a driving rainstorm pounds the competitors.
11.00 **Expedition X** Investigating paranormal claims at Ireland's infamous Spike Island prison.
12.00 M'T **Deadliest Catch**
1.00 AM **Naked and Afraid: Global Showdown**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

## Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Meet the Penguins**
10.00 **Tanked** An aquarium.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo** A young red panda is having foot problems. **4.00** A bison calf struggles to keep up with its mother.
5.00 **Lone Star Law** Wardens race to confront reckless jet skiers.
6.00 **Dr Jeff: Rocky Mountain Vet** A golden retriever is rushed in after swallowing a dummy.

11.00 Mountain Monsters

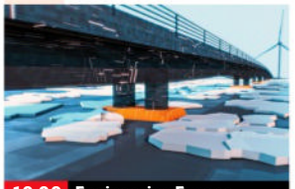
7.00 **Treehouse Masters: Out on a Limb** An arborist requests a residence 60 feet above the ground in three giant redwood trees.
8.00 **Richard E Grant's Seven Deadly Sins** The actor explores the origins of pride and highlights the dramatic effect it can have.
9.00 **Alaska: The Last Frontier** Eivin and Eve rescue a baby seal on the beach, and there is a beetle infestation.
10.00 **Alaskan Bush People** As Ami prepares to undergo treatment for lung cancer, the family must look to the future.
11.00 **Mountain Monsters** Hunters track down unidentified Appalachian creatures.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Dog Detectives**
2.00 **Treehouse Masters: Out on a Limb** As shown at 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

## Nat Geographic

129/130 144 183

8.00 AM **Disaster Autopsy**
9.00 **Air Crash Investigation**
10.00 **World's Greatest Train Journeys from Above**
11.00 **Car S.O.S** Dennis fire engine.
12.00 NOON **Ultimate Airport Dubai**
1.00 PM **Air Crash Investigation**
2.00 **World War II: Secrets from Above** Double bill.
4.00 **Lost Treasures of Egypt**
5.00 **Draining Chicago: What Lies Beneath** Documentary.
6.00 **Planes that Changed History** The engineering secrets behind influential aircraft.



10.00 Engineering Europe

7.00 **Air Crash Investigation** Why a plane burst into flames, and how the answer was discovered in the Rocky Mountains.
8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend take on Raymond's 1990 Nissan Pulsar GTI-R, the dream build he couldn't finish.
9.00 **Car S.O.S** Tim and Fuzz race to save a rusted Alfa Romeo and restore a dream stolen by heartbreak and time.
10.00 **Engineering Europe** The engineering wonders of Europe's northernmost region, including Iceland's epic lava-defying barriers.
11.00 **Air Crash Investigation** The crash of Korean Air Flight 801 in 1997, which killed more than 200 people.
12.00 M'T **Amsterdam Central 24/7**
1.00 AM **To Catch a Smuggler**
2.00 **Lords of War** Bidders vie for an 18th-century flintlock.
2.30 **Abandoned** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Trials of the Wild**

## Sky History

123/124 115/116 131 353 368

6.00 AM **Close Encounters**
6.30 **Storage Hunters**
9.15 **Pawn Stars**
10.10 **Junk & Disorderly**
11.05 **Storage Wars**
12.00 NOON **Alone** Double bill.
2.00 PM **Pawn Stars** Four editions of the series, including at: **4.00** Corey comes across a killer Mustang for sale. **5.00** Corey is enchanted by some magical memorabilia.
6.00 **American Pickers** Mike and Jersey peruse a stockpile of industrial relics.

8.00 Alone

7.00 **Forged in Fire** The competitors are tasked with forging signature blades, but with a twist.
8.00 **NEW SERIES Alone** Ten survivalists enter the Arctic wilderness to battle for survival, and the last one standing wins.
9.00 **Alone** New edition Ten survivalists enter the Arctic wilderness to battle for survival.
10.00 **Discovered by Disaster** Documentary focusing on the *Mary Celestia* wreck, and artefacts reshaping Native American history.
11.00 **Discovered by Disaster** Explorations of Seahenge's timber circle, an unusual Ukrainian canoe, ancient remains in a mudslide and a relic from Lake Mead's dry bed.
12.00 M'T **Secrets in the Jungle**
1.50 AM **Alone** Double bill.
3.40 **Pawn Stars** Documentary.
4.25 **Junk & Disorderly**
5.10 **to 6.00** AM **Storage Wars**

## Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The 2010s**
7.00 **Discovering: Kevin Costner**
8.00 **The Directors**
9.00 **100 Foot Wave**
10.00 **Juan Carlos: Downfall of the King** 4/4. Documentary.
10.55 **Celtics City**
12.00 NOON **Sergio Leone: The Italian Who Invented America**
2.00 PM **Premier League 360: Big Sam's Bolton**
4.00 **The Directors**
5.00 **Discovering: Kevin Costner**
5.55 **Burden of Proof: Who Killed Jennifer Pandos?**

5.55 Burden of Proof

6.55 **Burden of Proof: Who Killed Jennifer Pandos?** 4/4. Stephen Pandos learns about emerging persons of interest.

**7 PM**

8.00 **The Essex Murders: Who Killed Goldfinger?** 1/3. Documentary investigating the 2015 murder of John Palmer.

**8 PM**

9.00 **The Essex Murders: Who Killed Goldfinger?** 2/3. The search for John Palmer's killer leads detectives to Tenerife.

**9 PM**

10.00 **The Essex Murders: Who Killed Goldfinger?** 3/3. A professional hitman is suspected in John Palmer's murder.

**10 PM**

11.00 **FILM Touching the Void** Dramatised documentary. (2003, 15, 106min) ★★★★★
1.00 AM **King of Lies: Football's Greatest Con** Russell King's takeover of Notts County.
2.50 **Faye** The life and career of actor Faye Dunaway.
4.40 **My Icon: Rachel Yankey**
5.00 **to 6.00** AM **Discovering: Kevin Costner**

## Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **Francis Bourgeois & Chris Harris: We Saved a Train**
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Drive It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **Outback Truckers** New edition
9.00 **Outback Opal Hunters** New edition The Cheals battle floods.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

## Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Double bill.
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **The Killer in My Family** Harry Jarvis.
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **The Killer in My Family**
4.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
10.00 **The Idaho College Murders** The murders of four college students.
11.00 **The Real Murders on Elm Street**
12.00 M'T **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

## True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** The story of Lindsay Birbeck.
8.00 **UK Crime Files: The Lonely Killer** The case of Dennis Nilsen.
9.00 **UK Crime Files: The Murder of an Author** Exploring the case of Helen Bailey's murder.
10.00 **Millionaire Murders** Anthony Ashley-Cooper disappeared in 2005.
11.00 **Secrets of a Murder Detective** In 2021, John Hay suddenly vanished.
12.00 M'T **UK Crime Files: The Lonely Killer**
1.00 AM **UK Crime Files: The Murder of an Author**
2.00 **Millionaire Murders**
3.00 **Britain's Countryside Killers** As 7.00pm.
4.00 **to 5.45** AM **Close Calls: On Camera**

+1 hour 246 136

## True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Gangland Hit**
9.55 **UK Crime Files: Eastbourne's Dr Death**
10.45 **Teleshopping**
11.00 **Killers: Caught on Camera** True-crime.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: The Longest Murder Trial**
3.00 **UK Crime Files: Wicked Beyond Belief**
4.00 **Killers: Caught on Camera** The cases of Kira Steger and Whitney Gray.
5.00 **Medical Detectives** The murder of a school girl. **5.30** How cat hair helped police identify a killer. **6.00** A mass food poisoning in Oregon. **6.30** A case in which a woman was shot dead.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

## Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Rapid Response** Documentary.
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Catching the...**
1.00 PM **Britain's Most Evil Killers** True-crime.
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers** Colin Ireland.
8.00 **World's Most Evil Killers** Genene Jones.
9.00 **Catching the Killer**
10.00 **Killer in My Village**
11.00 **How I Caught the Killer**
12.00 M'T **Killer in My Village**
1.00 AM **Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **Murder Uncut**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1 hour 221/222 322

## PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.35 **Digging Up Britain's Past** Documentary.
9.35 **Walrus: Life on Thin Ice**
10.45 **WWII's Most Well-Preserved Battlefield**
11.55 **Inside Japan's War**
1.00 PM **Weathered: Earth's Extremes**
1.35 **Digging Up Britain's Past** Documentary.
2.35 **Walrus: Life on Thin Ice**
3.45 **WWII's Most Well-Preserved Battlefield**
4.55 **Inside Japan's War**
6.00 **Digging Up Britain's Past** Documentary.
7.00 **Walrus: Life on Thin Ice**
8.10 **WWII's Most Well-Preserved Battlefield**
9.15 **Inside Japan's War**
10.20 **Walrus: Life on Thin Ice**
11.30 **Weathered: Earth's Extremes**
12.00 M'T **WWII's Most Well-Preserved Battlefield**
1.15 **to 2.00** AM **Weathered: Earth's Extremes**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

# THURSDAY

Thursday

## Sky Nature

124/125 113/114 135 354 369

6.00 AM **Great Parks of Africa**
7.00 **Monkey Life**
8.00 **Tales from Zambia**
9.00 **Uptown Otters**
10.00 **Coral City**
11.00 **Becoming Elephant: The Orphans of Reteti**
12.00 NOON **Wild Birds of Australia**
1.00 PM **Monkey Life**
2.00 **Tales from Zambia**
3.00 **Uptown Otters**
4.00 **Coral City**
5.00 **Becoming Elephant: The Orphans of Reteti**
6.00 **Wild Birds of Australia**
7.00 **Monkey Life** Double bill.
8.00 **Superbeast**
9.00 **Wild Battlegrounds** Animals that live in the rainforest canopy.
10.00 **Wild Birds of Australia**
11.00 **Becoming Elephant: The Orphans of Reteti**
12.00 M'T **Gangs of Lemur Island**
1.00 AM **Great Parks of Africa**
2.00 **Superbeast**
3.00 **Wild Battlegrounds**
4.00 **Tales from Zambia**
5.00 **to 6.00** AM **Uptown Otters**

## Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens: The Ultimate Evidence**
7.00 **Ancient Aliens**
8.00 **The Nostradamus Effect**
9.00 **Battle Treasures with Foxy and Bruce** Double bill.
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens: The Ultimate Evidence**
12.00 NOON **Ancient Aliens**
1.00 PM **Evidence of the Unexplained** Five editions.
6.00 **Mysteries from Above**
7.00 **Alien Files: Unsealed**
8.00 **The Sound and the Fury** The fall of Germany at Stalingrad.
9.00 **Secrets in the Sand** How new discoveries are redefining the history of human migration. **10.00** Extraordinary curiosities once concealed within the planet's desert sands.
11.00 **Ancient Aliens: The Ultimate Evidence**
12.00 M'T **Ancient Aliens**
1.00 AM **Alien Files: Unsealed**
2.00 **Evidence of the Unexplained**
5.00 **to 6.00** AM **Crimes That Shook Britain**

## Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **The Gamechangers: Inventing the World**
12.00 NOON **Extreme Engineering**
1.00 PM **Codes and Conspiracies**
3.00 **How the Universe Works**
6.00 **How It's Made** The making of water pumps and tweezers. **6.30** The making of marine turbochargers and champagne. **7.00** How sharpening steesl and bladder pumps are made. **7.30** The making of espresso machines and pizza ovens. **8.00** The making of steam cleaners and hand-held pizzas. **8.30** How industrial casters and racing catamarans are made. **9.00** The creation of exhaust headers and limestone artwork. **9.30** The making of guitars out of recycled skateboards. **10.00** Racing pulley systems. **10.30** High-end motorcycles.
11.00 **How Do They Do It?**
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Cooper's Treasure**

+1hr 267 379

## Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Ozark Law**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Crimes That Shook Britain**
2.00 PM **Green Eyed Killers**
3.00 **Last Night Out**
6.00 **Homicide Hunter**
7.00 **The First 48**
8.00 **Green Eyed Killers** Yessenia Suarez and her two children are reported missing after a confrontation with her husband.
9.00 **The First 48 Presents: Critical Minutes** New edition Cases where the deadliest threat came from within the family circle.
10.00 **Alaska State Troopers** New edition Two hunters are caught butchering a moose.
11.00 **K9 PD with Jim Belushi**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **On the Case with Paula Zahn**
3.00 **Last Night Out**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

## WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Wild Hunters**
11.00 **Alaska Animal Rescue**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Elephant Planet**
3.00 **Cave Crocs of Gabon**
4.00 **The Incredible Dr Pol**
5.00 **Yukon Vet**
7.00 **Kingdom of the White Wolf** Photographer Ronan Donovan documents a pack of Arctic wolves during the summer. **8.00** Ronan gets up close and personal with a family of wolves. **9.00** The pack face an uncertain future when the mother goes missing.
10.00 **When Sharks Attack 360** A dramatic change in bites along the South African coast.
11.00 **Ultimate Airport Dubai**
12.00 M'T **Africa's Deadliest**
1.00 AM **Alaska Fish Wars**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Alaska Animal Rescue**

## Discovery History

161/172 147 181

7.00 AM **Cuba's Secret Shark Lair**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Cuba's Secret Shark Lair** In 1945, one of the largest sharks ever recorded was captured in Cuban waters. Now, two teams of researchers return to seek out huge hammerhead and great white sharks.
9.00 **Paranormal Declassified** Paul Beban looks for answers in a 60-year-old string of unsolved cattle mutilations across the US.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition Unknown**
4.00 **to 5.00** AM **Expedition X**

+1hour 274 381

## U&Eden

166 134/162 176 57 160 71

9.00 AM **Canal Boat Diaries**
1.00 PM **Canal Boat Diaries**
7.00 **Canal Boat Diaries** Robbie Cumming discovers a mysterious message in a bottle on the Ashby Canal and calls in to meet a friend who lives on an old narrowboat. **8.00** Robbie takes a tumble at Buckby Locks in Northamptonshire and has a problem with his power supply. **9.00** It's Robbie toughest trip yet as he battles through water weed on the Bradley Arm and gets stuck in silt on the Ridgacre Branch. **10.00** Robbie encounters a leaky lock pound on the Perry Barr Flight and gets marooned in the mud before travelling under Spaghetti Junction in Birmingham.
11.00 **Canal Boat Diaries**
5.30 **to 6.00** AM **David Attenborough's Natural Curiosities** The evolution of aggression in animals.

+1hour 266 376

## ID

154 140 166

8.00 AM **Hometown Homicide**
11.00 **Homicide City**
12.00 NOON **The Murder Tapes**
1.00 PM **People Magazine Investigates** Double bill.
3.00 **On the Case with Paula Zahn**
7.00 **Death by Fame** An interview with an eyewitness sheds light on Jam Master Jay's murder. **8.00** A woman and her family strike it rich – but not everyone wants them to shine.
9.00 **Murder on CCTV** Police rely on security cameras to find the killer when a father is shot. **10.00** An elderly woman is beaten to death in her Texas home. With no clues except for a trail of strange credit card transactions, investigators look to surveillance video.
11.00 **911: Did the Killer Call?** The case of a mother who was brutally murdered in her home.
12.00 M'T **Murder Calls** Double bill.
2.00 AM **On the Case with Paula Zahn** Double bill of editions.
4.00 **to 6.00** AM **Death by Fame**

+1hour 254 366

## Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **G.A.S. Extreme Customs**
2.00 **Ant Anstead: Born Mechanic**
3.00 **Guz Khan's Custom Cars**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Street Outlaws: Locals Only**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only** Alabama locals race for $5,000.
9.00 **Mike Brewer: Born Dealer** Mike heads to Poland to avoid the dreaded British 'Porsche Tax'.
10.00 **Guz Khan's Custom Cars**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Street Outlaws: Locals...**
1.00 AM **Richard Hammond's Workshop** Richard faces a client who is anxious for work to start on his vintage Bentley.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

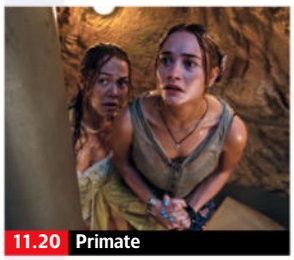
+1hour 258

# Films

## Sky Cinema Premiere

301 301 401 501 515

7.25 AM **Looney Tunes: The Day the Earth Blew Up** Animated adventure. (2024, PG, 91min)
9.00 **Eleanor the Great** (2025)
10.40 **Anaconda** Action comedy. (2025, 12, 99min) ★★★
12.20 PM **Normal** As 8.00pm.
2.00 **Seven Snipers** As 9.40pm.
3.40 **Song Sung Blue** Biopic. (2025, 12, 132min) ★★★
6.00 **Heretic** Horror starring Hugh Grant and Sophie Thatcher. (2024, 15, 111min) ★★★★



11.20 Primate

**8.00 Normal** Action comedy starring Bob Odenkirk. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. With Henry Winkler. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.40 Seven Snipers** Thriller with Radha Mitchell and Tim Roth. A retired sniper in hiding on an Australian ranch must reunite her kill squad when a warlord threatens her daughter. (2026, 15, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**11.20 Primate** Horror starring Johnny Sequoyah, Victoria Wyant and Jess Alexander. (2025, 18, 92min) ★★★
12.55 AM **Lurker** Crime drama. (2025, 15, 100min) ★★★★
2.40 **In Cold Light** Crime thriller. (2025, 15, 96min) ★★★
4.30 **to 6.20** AM **Eleanor the Great** Drama starring June Squibb. (2025, 12, 98min) ★★★★

## Sky Cinema Box Set

303 303 403 503 517

6.10 AM **Clash of the Titans** Fantasy. (2010, 12, 106min) ★★
8.05 **Wrath of the Titans** Fantasy. (2012, 12, 99min) ★★
9.50 **Lethal Weapon** Action thriller. (1987, 15, 110min) ★★★★
11.50 **Lethal Weapon 2** Thriller. (1989, 15, 110min) ★★★★
1.50 PM **Lethal Weapon 3** Action thriller. (1992, 15, 118min) ★★
3.50 **Lethal Weapon 4** Thriller. (1998, 15, 128min) ★★★
6.00 **Bad Boys** (1995, 15) ★★★

10.30 First Blood

**8.00 Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano, Theresa Randle and Jordi Mollà. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.30 First Blood** Adventure starring Sylvester Stallone. Vietnam veteran John Rambo runs foul of some small-town cops and triggers off a full-scale manhunt. (1982, 15, 93min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Rambo: First Blood Part II** Action adventure sequel. (1985, 15, 96min) ★★★
1.55 **Rambo III** Adventure sequel. (1987, 18, 101min) ★★★
3.45 **Jackie Chan's Police Story 2** Comedy thriller sequel. (1988, 15, 91min) ★★★
5.55 **to 6.15** AM **The Cinema List**

## Sky Cinema Drama

310 310 410 510 524

7.15 AM **Peggy Sue Got Married** Romantic fantasy comedy. (1986, 15, 104min) ★★★★
9.05 **On Swift Horses** Drama. (2024, 15, 119min) ★★★
11.10 **One Battle After Another** Oscar-winning action thriller starring Leonardo DiCaprio. (2025, 15, 161min) ★★★★★
2.00 PM **True Grit** Western remake. (2010, 15, 110min) ★★★★
4.00 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
6.00 **Grease 2** Musical sequel. (1982, PG, 109min) ★★
8.00 **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper, who also directed. A fading music star falls in love with a nightclub singer-songwriter. (2018, 15, 136min) ★★★★★
10.25 **A League of Their Own** Comedy drama with Tom Hanks, Geena Davis and Madonna. (1992, PG, 124min) ★★★★
12.45 AM **The Brutalist** Epic period drama starring Adrien Brody. When a couple flee Europe in 1947, their new lives in the US are changed by a strange client. (2024, 18, 215min) ★★★★★
4.10 **to 6.00** AM **Cicada** Drama. (2020, 15, 96min) ★★★★

## Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.35 AM **Brightburn** Superhero horror. (2019, 15, 90min) ★★★
8.20 **Redux Redux** Fantasy adventure. (2025, 15, 109min) ★★★★
10.20 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. (2016, 12, 116min) ★★★★★
12.30 PM **The Damned** Horror mystery. (2024, 15, 89min) ★★★★
2.10 **Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
4.20 **Men in Black II** Sci-fi action comedy sequel with Will Smith. (2002, PG, 88min) ★★★
6.00 **Pitch Black** Sci-fi chiller with Vin Diesel and Radha Mitchell. (1999, 15, 108min) ★★★★
8.00 **Men in Black 3** Sci-fi action comedy sequel starring Will Smith, Tommy Lee Jones, Josh Brolin and Emma Thompson. (2012, PG, 105min) ★★★★
9.50 **Mickey 17** Sci-fi comedy starring Robert Pattinson. (2024, 15, 137min) ★★★
12.10 AM **Mad Max Beyond Thunderdome** Action thriller sequel. (1985, 15, 107min) ★★★
2.00 **Constantine** Supernatural thriller. (2005, 15, 121min) ★★★
4.05 **Sky Cinema Preview**
4.45 **to 6.30** AM **The Crazies** Horror remake. (2010, 15) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

## Sky Cinema Family

304 304 406 506 519

**8.00** AM **Ghostbusters: Afterlife** Comedy. (2021, 12) ★★★★
**10.05** **Sonic the Hedgehog 3** Fantasy. (2024, PG) ★★★
**12.05** PM **Charlie and the Chocolate Factory** Fantasy. (2005, PG, 115min) ★★★★
**2.10** **The Portable Door** Fantasy. (2023, PG, 130min) ★★★
**4.15** **Matilda** Roald Dahl's fantasy. (1996, PG, 98min) ★★★★
**6.00** **Jackie Chan's The Tuxedo** Action comedy. (2002, 12) ★★

**6.00 Jackie Chan's The Tuxedo**

**7.40** **The Lord of the Rings: The Two Towers** Epic fantasy continuing JRR Tolkien's mythical saga. As the power of the evil Sauron continues to grow, threatening to overwhelm Middle Earth, the fellowship of the ring dissolves. Stars Elijah Wood, Ian McKellen and Viggo Mortensen. (2002, 12, 179min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.40** **Lemony Snicket's A Series of Unfortunate Events** Fantasy comedy starring Jim Carrey. (2004, PG, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**12.30** AM **Teenage Mutant Ninja Turtles** Fantasy adventure. (2014, 12, 101min) ★★
**2.15** **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy adventure sequel. (2016, 12, 112min) ★★★
**4.10** **to 6.00** AM **Charlotte's Web** Adventure. (2006, U) ★★★

## Sky Cinema Action

306 306 407 507 521

**6.25** AM **The 7th Voyage of Sinbad** Fantasy. (1958, U) ★★★★
**8.00** **Jackie Chan's First Strike** Thriller. (1996, 12, 83min) ★★
**9.35** **Skyscraper** Action thriller. (2018, 12, 102min) ★★★
**11.25** **The Meg** Action thriller. (2018, 12, 113min) ★★★
**1.25** PM **Transformers: Revenge of the Fallen** (2009, 12) ★★★
**4.00** **The Long Kiss Goodnight** Thriller. (1996, 18) ★★★★
**6.10** **xXx: The Next Level** (2005)

**8.00 Bumblebee**

**8.00** **Bumblebee** *Transformers* prequel starring Hailee Steinfeld and John Cena. A teenager discovers and revives the battle-scarred Autobot Bumblebee in a junkyard. With Jorge Lendeborg Jr. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.05** **Normal** Action comedy starring Bob Odenkirk. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. (2026, 15, 91min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**11.55** **Transformers: Dark of the Moon** Sci-fi action adventure sequel. (2011, 12, 154min) ★★★
**2.35** AM **xXx: The Next Level** Action sequel starring Ice Cube. (2005, 12, 97min) ★★
**4.20** **Sky Cinema Preview**
**5.10** **to 7.00** AM **300: Rise of an Empire** Fantasy sequel. (2014, 15, 100min) ★★★

## Sky Cinema Comedy

308 308 408 508 522

**7.05** AM **Billy Madison** Comedy. (1995, PG, 90min) ★★
**8.45** **Seven Psychopaths** Comedy thriller. (2012, 15) ★★★★
**10.45** **The Wedding Singer** Comedy. (1998, 12, 97min) ★★★★
**12.30** PM **The Naked Gun** Comedy. (2025, 15, 85min) ★★★★
**2.00** **Notting Hill** (1999, 15) ★★★★
**4.10** **Pitch Perfect 2** Comedy sequel. (2015, 12, 112min) ★★★
**6.10** **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★

**6.10 Singin' In the Rain**

**8.00** **Instant Family** Comedy drama starring Mark Wahlberg and Rose Byrne. A couple decide to adopt, but get more than they bargained for when they take in a rebellious teenager and her two younger siblings. (2018, 12, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.00** **Pitch Perfect 3** Musical comedy sequel starring Anna Kendrick. Following their win at the world championship, the Bellas reunite for one last singing competition at an overseas tour. With Rebel Wilson. (2017, 12, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**11.35** **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
**1.10** AM **Boomerang** Romantic comedy. (1992, 15, 117min) ★★
**3.10** **Logan Lucky** Crime caper. (2017, 12, 114min) ★★★★
**5.10** **The Cinema List: Remakes**
**5.40** **to 7.25** AM **Singin' in the Rain**

## Sky Cinema Thriller

309 309 409 509 523

**6.00** AM **Neighborhood Watch** Thriller. (2025, 15) ★★★★
**7.35** **Black Bag** Espionage thriller. (2024, 15, 94min) ★★★★
**9.15** **RocknRolla** (2008, 15) ★★
**11.15** **The Firm** Legal thriller. (1993, 15, 155min) ★★★
**1.50** PM **Jaws** Monster thriller. (1975, 12, 125min) ★★★★★
**4.00** **Jaws 2** Thriller sequel. (1978, PG, 115min) ★★★
**6.00** **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★

**6.00 Nightcrawler**

**8.00** **Carolina Caroline** Crime thriller starring Samara Weaving and Kyle Gallner. A young woman joins a charismatic con man on the run, leaving a trail of crime and passion. With Kyra Sedgwick and Jon Gries. (2025, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.00** **True Romance** Crime thriller scripted by Quentin Tarantino and starring Christian Slater and Patricia Arquette as a naive young couple on the run from mobsters pursuing a $5million stash of cocaine. (1993, 18, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**12.10** AM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
**2.40** **Murder by Decree** Chiller. (1978, 12, 112min) ★★★★
**4.50** **to 6.30** AM **Kill** Thriller. (2023, 15, 94min) ★★★

## Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
**11.00** AM **Journey to the Centre of the Earth** (1959, U) ★★★
**1.40** PM **Sherlock Holmes and the Secret Weapon** Thriller. (1942, b/w, PG, 68min) ★★
**3.10** **The True Story of Jesse James** Western biopic. (1956, PG, 92min) ★★
**5.00** **Tolkien** JRR Tolkien biopic. (2019, 12, 112min) ★★★★
**7.10** **Moon** Sci-fi thriller. (2009, 15, 97min) ★★★★

**9.00 The Woman King**

**Moon** (film started at 7.10pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

**9.00** **The Woman King** Historical drama starring Viola Davis, Thuso Mbedu and Lashana Lynch. An all-female group of warriors attempt to protect the West African kingdom of Dahomey. (2022, 15, 135min) ★★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

**10 PM**

**11.40** **Anna** Action thriller starring Sasha Luss and Helen Mirren. A young Russian woman who is the victim of domestic abuse becomes a feared assassin for the KGB. (2019, 15, 118min) ★★★ **11 PM**
**2.00** **to 3.55** AM **Berberian Sound Studio** Psychological thriller starring Toby Jones. (2012, 15, 92min) ★★★

+1hour 314 430 47 301 257

## Sky Cinema Animation

302 302 402 502 516

**6.30** AM **The Sloth Lane** As 4.20am.
**8.05** **Fox and Hare Save the Forest** Animation. (2024, U) ★★★
**9.20** **The Wild Robot** Animation. (2024, U, 102min) ★★★★
**11.10** **Looney Tunes: The Day the Earth Blew Up** Animated adventure. (2024, PG, 91min)
**12.50** PM **Hotel Transylvania 3: Summer Vacation** Animated sequel. (2018, U, 97min) ★★
**2.30** **Madagascar** Animated comedy. (2005, U, 86min) ★★★★
**4.00** **Playmobil: The Movie** Animation. (2019, U) ★★★
**5.45** **Flushed Away** Animation. (2006, U, 85min) ★★★★
**7.15** **Corpse Bride** Animated fantasy. (2005, PG, 74min) ★★★★
**8.35** **Penguins of Madagascar** Animation. (2014, U) ★★★★
**10.10** **The Angry Birds Movie** Animation. (2016, U) ★★★
**11.50** **The Angry Birds Movie 2** Animation. (2019, U) ★★★
**1.30** AM **Extinct** Animation. (2021, U, 84min) ★★★
**3.00** **Fox and Hare Save the Forest**
**4.20** **The Sloth Lane** Animation. (2024, PG, 90min) ★★★
**5.55** **to 8.10** AM **The Lord of the Rings: The War of the Rohirrim** Animation. (2024, 12) ★★★★

## Sky Cinema Greats

307 307 404 504 518

**7.25** AM **Babe** As shown at 2.10pm.
**9.00** **Liar Liar** As shown at 11.15pm.
**10.30** **The Borrowers** As 9.45pm.
**12.00** NOON **Annie** Film version of the hit Broadway musical. (1982, U, 128min) ★★★
**2.10** PM **Babe** Comedy drama. (1995, U, 92min) ★★★★★
**3.50** **Hook** Steven Spielberg's fantasy adventure with Robin Williams. (1991, U, 140min) ★★★
**6.15** **The Wizard of Oz** Musical fantasy starring Judy Garland. (1939, U, 98min) ★★★★★
**8.00** **Jumanji** Fantasy adventure starring Robin Williams and Bonnie Hunt. A mysterious board game unleashes a series of wild creatures upon a small American town. With Kirsten Dunst. (1995, PG, 104min) ★★★★
**9.45** **The Borrowers** Family adventure starring John Goodman and Jim Broadbent. (1997, U, 86min) ★★★★
**11.15** **Liar Liar** Comedy starring Jim Carrey. (1997, 12, 86min) ★★★★
**12.45** AM **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★
**2.15** **Small Soldiers** Adventure. (1998, PG, 99min) ★★★★
**4.05** **to 6.00** AM **Kindergarten Cop** Comedy thriller. (1990, 15) ★★★

## Disney+ Cinema

305 305

**6.00** AM **Sleeping Beauty** Animation. (1959, U, 75min) ★★★★
**7.20** **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
**9.05** **Cars 2** Animated comedy sequel. (2011, U, 102min) ★★★
**10.55** **The Lion King** Animation. (2019, PG, 118min) ★★★
**12.25** PM **The Little Mermaid** Animated musical adventure. (1989, U, 87min) ★★★★★
**1.50** **Raya and the Last Dragon** Animated fantasy adventure. (2021, PG, 103min) ★★★★
**3.40** **Hercules** Animated musical. (1997, U, 92min) ★★★★
**5.15** **WALL-E** Animated adventure. (2008, U, 98min) ★★★★★
**7.00** **Mufasa: The Lion King** Live-action adventure prequel. (2024, PG, 118min) ★★★
**9.00** **The Amateur** Action thriller starring Rami Malek, Laurence Fishburne and Jon Bernthal. (2025, 12, 125min) ★★★★
**11.05** **Ant-Man** Superhero adventure. (2015, 12, 117min) ★★★★
**1.00** AM **28 Weeks Later** Horror thriller sequel to *28 Days Later*. (2007, 18, 99min) ★★★★
**2.45** **Nightbitch** Dark comedy. (2024, 15, 99min) ★★★
**4.30** **to 6.00** AM **Hercules** (1997)

## Movies 24

312 313 419

**7.00** AM **Kentucky Roses** Romantic drama. (2026, PG, 90min) ★★
**9.00** **Blind Date Book Club** Drama. (2024, PG, 90min) ★★
**11.00** **Hearts Under the Olive Tree** Comedy. (2023, PG, 89min) ★★
**1.00** PM **The Reluctant Royal** Romantic comedy drama. (2025, PG, 84min) ★★
**3.00** **The Royal We** Romantic comedy. (2025, PG, 84min) ★★
**5.00** **Dare to Say Yes** Romantic drama. (2023, PG, 87min) ★★
**7.00** **Journey to You** Romantic drama with Erin Cahill and Erik Valdez. (2025, PG, 84min) ★★
**9.00** **Season's Greetings from Cherry Lane** Festive drama anthology sequel, following events in the same house during Christmas in 1951, 2003, and 2024. Stars Jonathan Bennett, Laura Soltis, Sarah Dugdale and Annabelle Borke. (2024, PG, 84min) ★★
**11.00** **For The Love of Lily** Romantic drama. (2024, PG, 90min) ★★
**1.00** AM **Missing the Boat** Romantic drama. (2026, PG, 90min) ★★
**3.00** **to 5.00** AM **Home Turf** Comedy. (2025, PG, 84min) ★★

Movies 24+ 315/329 314 420

## Talking Pictures

324 445 82 306 36

**6.00** AM **A Gunman Has Escaped** Crime drama with John Harvey. (1948, b/w, PG, 53min) ★★★
**7.05** **Behind the Mask** Hospital drama. (1958, PG, 99min) ★★
**9.05** **Highly Dangerous** Comedy thriller. (1950, b/w, U, 85min) ★★
**10.50** **The Small Back Room** World War Two drama. (1948, b/w, PG, 106min) ★★★★
**1.00** PM **Adventures of Sir Lancelot**
**1.30** **Rebecca** Hitchcock thriller starring Laurence Olivier. (1940, b/w, PG, 130min) ★★★★★
**4.05** **Jigsaw** Thriller with Jack Warner. (1962, b/w, PG, 107min) ★★★
**6.10** **Look at Life**
**6.20** **Strange But True**
**6.55** **The Brothers** 10/13. (S3)
**8.00** **Mark Saber** 11/26. (S3)
**8.30** **The Wheeltappers and Shunters Social Club**
**9.20** **The Sea Shall Not Have Them** War drama with Dirk Bogarde. (1954, b/w, U, 91min) ★★
**11.10** **The Comic** Comedy drama with Dick Van Dyke and Michele Lee. (1969, PG, 90min) ★★★
**1.05** AM **X the Unknown** Horror. (1956, b/w, PG, 80min) ★★
**2.40** **Colonel March Investigates**
**4.00** **Burke's Law** 1/32. (S2)
**5.00** **to 6.00** AM **Film Noir**

# THURSDAY Sport 13 August

## Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **LIVE DP World Tour Golf** Coverage of day one of the Danish Golf Championship from Great Northern in Kerteminde.
5.00 PM **LIVE PGA Tour Golf** The featured groups on day one of the FedEx St Jude Championship held at TPC Southwind in Memphis.
7.00 **The Transfer Show**
7.30 **LIVE Super League Leeds Rhinos v Leigh Leopards.** Coverage from AMT Headingley Stadium. Kick-off **8.00pm**.
10.15 **LIVE PGA Tour Golf** Further coverage of the opening day of the FedEx St Jude Championship.
11.00 **LIVE WTA Tennis** Coverage of the Canadian Open women's final.
1.00 AM **LIVE ATP Tennis** Coverage of the final of the men's Canadian Open in Montreal.
3.00 **LIVE WTA & ATP Tennis** Coverage of day one of the Cincinnati Open at Lindner Family Tennis Center in Mason, Ohio.
4.00 **to 6.00** AM **Sky Sports News**

## Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Best Goals**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Highlights**
1.30 **FNF** Aston Villa v Liverpool.
2.00 **Premier League Highlights**
5.00 **Brazilians in the Premier League** The Brazilian stars who have graced the top flight.
6.00 **Premier League Stories** Hull City's return to the Premier League.
6.30 **Away From Home** British and Irish footballers explain why they made the move overseas.
7.00 **The Transfer Show** Analysis of the latest transfer news.
8.00 **Cult Heroes** A profile of former Nigerian footballer Yakubu.
8.30 **Premier League Stories**
9.00 **Transfer 360** Double bill.
10.00 **Away From Home**
10.30 **Premier League Stories**
11.00 **Premier League Years**
1.00 AM **PL Retro** A replay of Chelsea v Manchester United in 2011/12.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **to 6.00** AM **Premier League 100 Club**

## Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.45 **EFL Greatest Games**
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **SPFL Greatest Games**
11.30 **EFL Greatest Games**
12.00 NOON **Championship Season Review** Archive highlights.
3.00 PM **EFL Highlights** Back-to-back play-off highlights, including at: **7.00** Action from Millwall v Hull City in the second leg of a Championship play-off semi-final. **7.30** Action from Southampton v Middlesbrough in the second leg of a Championship play-off semi-final.
8.00 **EFL** Hull City v Middlesbrough in the Championship play-off final.
9.00 **EFL Highlights**
12.00 M'T **Retro League One**
2.00 AM **Best Moments from the Championship Play-Off Final**
2.30 **Best Moments from the League 1 & 2 Play-Off Final**
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2018 final.
4.30 **EFL** Best goals from 2017/18.
5.00 **to 6.00** AM **EFL Greatest Games**

## Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred**
9.15 **The Hundred Bitesize**
10.00 **The Hundred** A match replay.
1.30 PM **The Hundred Bitesize**
2.00 **The Hundred** A match replay.
5.15 **The Hundred Bitesize** SunRisers Leeds Women v Welsh Fire Women. **5.30** London Spirit Women v Birmingham Phoenix Women. **5.45** Action from SunRisers Leeds Men v Welsh Fire Men. **6.00** Action from London Spirit Men v Birmingham Phoenix Men. **6.15** Trent Rockets Women v Birmingham Phoenix Women. **6.30** Welsh Fire Women v Southern Brave Women. **6.45** Manchester Super Giants Women v SunRisers Leeds Women.
7.00 **The Hundred** A chance to see the match between Trent Rockets Men and Southern Brave Men.
10.30 **The Hundred Bitesize**
11.00 **The Hundred** Trent Rockets Women v Southern Brave Women.
2.15 AM **The Hundred Bitesize**
4.00 **ICC Women's World Cup**
4.30 **The Hundred Bitesize**
5.15 **Best of ICC WT20**
5.45 **to 6.00** AM **The Hundred Bitesize**

## Sky Sports Golf

406 406 506 423 443

6.00 AM **PGA Tour: The Cut**
6.30 **PGA Tour Golf** Highlights.
7.30 **Legends Tour Golf**
8.30 **PGA Tour Golf**
9.30 **PGA Tour: The Cut**
10.00 **HotelPlanner Tour Golf**
10.30 **Ladies European Tour Golf**
11.30 **DP World Tour Golf**
12.00 NOON **LIVE DP World Tour Golf** Coverage of day one of the Danish Golf Championship at Great Northern in Kerteminde, Funen.
5.00 PM **LIVE PGA Tour Golf** The featured groups on day one of the FedEx St Jude Championship held at TPC Southwind in Memphis.
7.00 **LIVE PGA Tour Golf** Further coverage of the first day of the FedEx St Jude Championship.
11.00 **LIVE LPGA Tour Golf** Day one of the Standard Portland Classic at Columbia Edgewater Country Club.
2.00 AM **Justin Rose: Chasing Forever** A profile of the golfer.
3.00 **PGA Tour Golf** Highlights.
4.00 **School of Golf**
5.00 **to 6.00** AM **Golf Academy**

## TNT Sports 1

410 413 521 408 430

6.00 AM **LIV Golf** From New Jersey.
7.00 **LIVE Snooker: Chinese Open** The third session of round two of held at Riverside Sports Centre.
10.30 **The Gruppetto** Cycling news.
10.45 **MotoGP Rewind**
11.00 **Discovery Golf**
11.30 **Golden Trail World Series**
12.00 NOON **TNT Sports Reload**
12.30 PM **LIVE Snooker: Chinese Open** Session four of round two held at Riverside Sports Centre.
4.00 **TNT Sports Reload**
4.30 **Discovery Golf**
5.00 **CPL Highlights**
5.30 **MLB Highlights**
6.30 **LIVE MLB New York Yankees v Seattle Mariners.** The American League encounter staged at Yankee Stadium. Start-time **6.35pm**.
9.30 **MLB Plays of the Week**
10.00 **UEFA Champions League**
10.30 **TNT Sports Reload**
11.00 **CPL Highlights**
11.30 **LIVE CPL Jamaica Kingsmen v Guyana Amazon Warriors.** Coverage from Sabina Park in Jamaica.
3.45 AM **TNT Sports Cricket Reload**
4.30 **to 6.00** AM **AFL**

## TNT Sports 2

411 414 522 409 431

6.00 AM **UEFA Super Cup**
7.30 **Men's Cycling Pro Series**
8.30 **Premier League Legends**
10.30 **LIVE AFL** Coverage from the Australian Football League.
1.30 PM **CPL Highlights** Saint Lucia Kings v St Kitts & Nevis Patriots.
2.00 **LIVE Men's Cycling Pro Series** Coverage from the first stage of the Tour of Czech Republic, a 163.2km route from Prague to Karlovy Vary.
3.30 **MotoGP Highlights**
4.30 **Ultimate Pool** Action from the Champions League tournament.
6.00 **UIM F1H2O World Championship Highlights**
6.30 **FIM Speedway Grand Prix Highlights** Action from the eighth round of the season in Riga, Latvia.
7.30 **UEFA Super Cup** Paris Saint-Germain v Aston Villa.
9.00 **UFC Breakdown** A preview of UFC 330 at Xfinity Mobile Arena.
9.30 **The Verdict** UFC 330.
10.30 **UFC Countdown**
11.30 **UFC Reloaded**
2.00 AM **UFC: The Ultimate Fighter**
3.00 **UFC Countdown**
4.00 **to 6.00** AM **Snooker: Chinese Open**

## Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.30 **NBA Basketball** A chance to see Boston Celtics v Detroit Pistons.
7.30 **LIVE Super League Leeds Rhinos v Leigh Leopards.** Coverage of the match at AMT Headingley Stadium. The Rhinos have enjoyed an excellent season so far and are looking to win the League Leaders' Shield for the first time since 2015, while the Leopards have also impressed this term and will hope to qualify for the play-offs. Kick-off **8.00pm**.
10.15 **NFL Bitesize Highlights** Tampa Bay Buccaneers v Atlanta Falcons in the 2025/26 season. **10.45** Highlights of Cincinnati Bengals v Pittsburgh Steelers from the 2025/26 season.
11.00 **NFL Highlights** Seattle Seahawks v San Francisco 49ers.
12.00 M'T **The Insiders** NFL news.
1.00 AM **NFL Highlights**
2.00 **Super League**
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League**

## Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.00 **Super League** Another chance to see Huddersfield Giants v Leeds Rhinos at Accu Stadium.
10.45 **My Icon** John Amaechi.
11.00 **Sky Sports FC**
12.00 NOON **Transfer Talk** Discussion of the latest transfer news.
12.30 PM **My Icon** Rugby union referee Nigel Owens talks about his idol.
12.45 **LIVE PGA Tour Golf** Coverage of the featured groups on day one of the FedEx St Jude Championship, the first event in the FedExCup play-offs held at TPC Southwind in Memphis, Tennessee.
5.00 **LIVE WTA & ATP Tennis** Coverage of day one of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio. The seeded players are not due to begin their quests for the titles until the second round, which begins on Saturday, so this stage of the competition will feature the qualifiers, wildcards and those with protected ranking status, alongside the unseeded players.
4.00 **to 6.00** AM **WTA & ATP Tennis**

## Sky Sports Tennis

408 408 508 425 445

6.00 AM **ATP Tour This Week**
6.30 **Tennis** Recent action.
8.00 **WTA & ATP Tennis**
11.00 **ATP Tennis** Recent action.
1.00 PM **WTA & ATP Tennis**
4.00 **LIVE WTA & ATP Tennis** Coverage of day one of the Cincinnati Open at Lindner Family Tennis Center in Mason, Ohio.
8.30 **LIVE WTA Tennis** The Canadian Open women's doubles final.
11.00 **LIVE WTA Tennis** Coverage of the Canadian Open women's final.
1.00 AM **LIVE ATP Tennis** Coverage of the Canadian Open men's final.
3.00 **LIVE WTA & ATP Tennis** Further coverage of day one of the Cincinnati Open in Mason.
4.00 **to 6.00** AM **WTA & ATP Tennis**

## Sky Sports Mix

416 412 511 429 449

6.00 AM **PL Greatest Games**
7.00 **ICC Women's World Cup**
8.00 **ATP Tennis** Delray Beach Open.
9.00 **LPGA Tour Golf**
10.00 **PGA Tour Golf** Highlights.
11.00 **WTA Tennis** Recent action.
12.00 NOON **My Icon** Double bill.
12.30 PM **Darts Gold**
12.45 **Darts Top 5 Moments**
1.00 **NFL Highlights**
2.00 **30 Years of the PDC World Champs** A celebration.
2.30 **LIVE Ladies European Tour Golf** Coverage of day one of the VP Bank Swiss Ladies Open from Golfpark Holzhäusern in Zug.
5.30 **NFL Bitesize Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **Formula 1** Highlights.
11.00 **NFL Highlights**
12.00 M'T **My Icon** Sporting influences.
12.30 AM **Darts Gold**
1.00 **Championship Retro**
3.00 **Championship Season Review**
4.00 **British Kart Championships**
5.00 **My Icon** Sporting influences.
5.30 **to 6.00** AM **Darts Gold**

## TNT Sports 3

413 415 523 410 432

6.00 AM **Ultimate Pool**
7.30 **UEFA Champions League**
10.30 **LIVE European Athletics Championships** The morning session on the fourth day at Alexander Stadium, Birmingham.
3.00 PM **UEFA Champions League – Stories of the Finals**
3.15 **LIVE Men's Cycling Pro Series** The first stage of the Arctic Race of Norway, a 181.7km hilly route from Evenes to Myre.
5.15 **Sign Up – Into Football**
6.15 **UEFA Champions League – Stories of the Finals**
6.30 **LIVE European Athletics Championships** The evening session on the fourth day at Alexander Stadium, Birmingham.
10.00 **Snooker: Chinese Open**
12.00 M'T **Ultimate Pool**
1.30 AM **MotoGP Highlights**
2.30 **TNT Sports Reload**
2.45 **The Gruppetto** Cycling news.
3.00 **to 6.00** AM **Cycling**

## TNT Sports 4

414 416 524 411 434

6.00 AM **Fishing: On the Bank**
7.00 **International T20 Cricket**
10.00 **LIVE AFLW Hawthorn v Melbourne.** From University of Tasmania Stadium, Launceston. Bounce-up **10.15am**.
12.00 NOON **MotoGP Highlights**
1.00 PM **MLB Highlights**
2.00 **Men's Cycling Pro Series**
3.00 **LIV Golf** From New Jersey.
4.00 **UEFA Super Cup**
5.30 **Premier League Stories**
6.00 **TNT Sports Reload**
6.30 **AFL** A match replay.
8.00 **CPL Highlights**
8.30 **MotoGP Rewind**
8.45 **The Gruppetto** Cycling news.
9.00 **Men's Cycling Pro Series**
12.00 M'T **World Series of Poker**
1.00 AM **AFL** A match replay.
2.30 **Discovery Golf**
3.00 **FIM Speedway Grand Prix**
4.00 **Golden Trail World Series**
4.30 **MLB Plays of the Week**
5.00 **to 6.00** AM **Formula E: Driver**

## Premier Sports 1

419 APP 528

6.00 AM **Brasileiro Serie A** A chance to see Palmeiras v Internacional. **8.00** Another chance to see Red Bull Bragantino v Corinthians.
10.00 **Football** Another chance to see Everton v Newcastle United.
12.00 NOON **NASCAR Highlights**
1.00 PM **FIM Sidecarcross Championship** Action from the Grand Prix of Lithuania.
2.00 **Football** A chance to see Manchester United v Leeds United.
4.00 **FIM Quadcross Championship**
4.30 **European Le Mans Series**
5.30 **United Rugby Championship**
7.45 **Africa Eco Race** Highlights.
8.00 **World of FreeSports**
8.30 **Top 14 Rugby Union**
10.30 **NASCAR** The Iowa Corn 350.
11.30 **KOTV Weekly** Boxing news.
12.00 M'T **Brasileiro Serie A**
4.00 AM **World of FreeSports**
4.30 **KOTV Weekly** Boxing news.
5.00 **to 6.00** AM **FIM Sidecarcross Championship**

## Premier Sports 2

420 APP 529

6.00 AM **Rugby Junior World Championships** Another chance to see Argentina v Australia in the fifteenth-place play-off. **8.00** Action from Scotland v Wales in the fifteenth-place play-off. **10.00** New Zealand v England in the third/fourth place play-off.
12.00 NOON **Temples of Sport**
12.30 PM **Top 14 Rugby Union**
2.30 **NASCAR O'Reilly Series**
5.30 **Bike World** Magazine.
6.00 **Temples of Sport**
6.30 **United Rugby Championship** Action from Glasgow Warriors v Bulls in the first semi-final. **8.20** A chance to see Leinster v Stormers in the second semi-final.
10.15 **Africa Eco Race** Highlights.
10.30 **Temples of Sport**
11.00 **Football's Greatest**
11.30 **Argentine Primera**
1.30 AM **Argentine Primera**
3.30 **Coppa Italia** The final.
5.30 **to 6.00** AM **Football's Greatest**

## Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
12.15 PM **Ted's Notebook**
12.45 **F1 Feature**
1.00 **Formula 1** Belgian Grand Prix.
3.15 **F1 Features**
4.00 **Formula 1** Recent highlights.
9.15 **Ted's Notebook**
9.45 **F1 Feature**
10.00 **Formula 1** Highlights.
1.00 **to 6.00** AM **The Best of F1**



SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

# Friday

14 August

## Planner

### EFL Championship

*FOOTBALL Sky Sports Main Event & Sky Sports Football, kick-off 8pm*

The 2026/27 domestic season kicks off with an evening encounter between Wolverhampton Wanderers and Blackburn Rovers at Molineux.

### Don't Say Good Luck

*DRAMA Netflix*

Sunny Sandler (daughter of Adam Sandler) stars in this emotional coming-of-age drama about Sophie, a teenager who finds out her mother's cancer has returned just as she is cast as the lead in her school musical. Also stars Melanie Lynskey, Max Greenfield and Steve Buscemi.

### Miss You, Love You

*DRAMA HBO Max*

Allison Janney stars as a bluntly spoken widow forced to plan her late husband's funeral alongside her estranged son's neurotic assistant (Andrew Rannells), leading to an unexpected bond forming between the pair.

### Hamnet

*DRAMA Sky Premiere, 8.10am & 8pm*

Jessie Buckley and Paul Mescal star in Chloé Zhao's adaptation of Maggie O'Farrell's bestseller, which tells the story of the Shakespeares' grief after the tragic loss of their son Hamnet, inspiring the Bard's greatest work.

Friday

| SKY | EVENING TIME | 7.00PM | 7.30PM | 8.00PM | 8.30PM | 9.00PM | 9.30PM | 10.00PM | 10.30PM |
|---|---|---|---|---|---|---|---|---|---|
| FAVOURITES | 101 BBC1 | 7.00 The One Show at 20 | | 8.00 Athletics: European Championships – Live: Coverage of day five | | | | 10.00 News; Local News | 10.40 Ann... |
| | 102 BBC2 | 7.00 Athletics: European Championships... | | 8.00 Gardeners' World | | 9.00 Bergerac | 9.45 QI XL | | 10.30 Newsnight |
| | 103 ITV1 | ‹ 6.30 News † | 7.30 Abbey Clancy... † | 8.00 Emmerdale | 8.30 Coronation... | 9.00 Who Wants to Be a Millionaire?... | | 10.00 The Twisted Tale of Amanda Knox | |
| | 104 CHANNEL 4 | 7.00 News | | 8.00 Surgery Secrets of the Super Rich | | 9.00 8 Out of 10 Cats Does Countdown | | 10.00 Big Fat Quiz: Best Bits | |
| | 105 5 | 7.00 Tom Read Wilson's Magnificent Journey | | 8.00 Alexander Armstrong in Sri Lanka | | 9.00 The Big Drought of 1975 | | | 10.30 Piers Morgan... |
| | 106 SKY ONE | 7.00 The Simpsons | | 8.00 An Idiot Abroad 2 | | 9.00 Frank Skinner: 30 Years of Dirt | | 10.00 Grimsburg | |
| ENTERTAINMENT | 115 BBC3 | 7.05 Deadly 60 | 7.30 Film: Night at the Museum: Secret of the Tomb | | | 9.00 Death in Paradise | | 10.00 Ghosts Australia | |
| | 116 BBC4 | 7.00 Beethoven's Seventh at the Proms | | | 8.35 TOTP: 2000 | | 9.35 TOTP: 1985 | 10.05 TOTP: 1986 | 10.35 Elvis... |
| | 118 ITV2 | 7.00 The Floor | | 8.00 The 1% Club | | 9.00 Film: John Wick: Chapter 2 | | | |
| | 136 MORE4 | ‹ 6.50 Car S.O.S. | | 7.55 Grand Designs | | 9.00 Carpe Diem | | 10.05 24 Hours in A&E | |
| | 135 E4 | 7.00 The Simpsons | | 8.00 Vanderpump Rules | | 9.00 Gogglebox | | 10.00 Film: American Reunion | |
| | 107 SKY WITNESS | 7.00 Nothing to Declare | | 8.00 Chicago Med | | 9.00 Chicago Fire | | 10.00 Chicago PD | |
| | 108 SKY ATLANTIC | ‹ 6.40 House of the Dragon | | | | 9.00 Station Eleven | | | |
| | 110 U&GOLD | 7.00 Dad's Army | 7.40 Only Fools and Horses | 8.20 Are You Being Served? | | 9.00 Porridge | 9.35 Fawlty Towers | | 10.20 Not Going Out |
| | 111 U&DAVE | 7.00 Mortimer & Whitehouse | 7.40 Would I Lie to You? | 8.20 QI XL | | | 9.25 Would I Lie to You?... | 10.00 Magnum P.I. | |
| | 119 ITV3 | ‹ 6.55 Heartbeat | | 8.00 Doc Martin | | | | 10.00 Grantchester | |
| | 120 ITV4 | ‹ 6.55 Sharpe | | | | 9.00 Film: RoboCop 2 | | | |
| | 112 COMEDY CENTRAL | 7.00 Friends | | | | 9.00 Bradley &... | 9.30 Kevin Bridges: The Brand New Tour | | |
| | 145 SKY SCI-FI | 7.00 Stargate Atlantis | | 8.00 Stargate SG-1 | | 9.00 Film: Jurassic Attack | | | |
| | 143 U&DRAMA | ‹ 6.40 Last of the Summer Wine | | 8.00 Father Brown | | | | 10.00 New Tricks | |
| | 109 U&ALIBI | 7.00 Private Eyes | | 8.00 Death in Paradise | | 9.00 NCIS: Sydney | | 10.00 Father Brown | |
| | 122 SKY ARTS | 7.00 Alfred Hitchcock Presents | | 8.00 Guy Garvey: From the Vaults | | 9.00 The Thousand and One Musical Lives of... | | | 10.15 Classic Albums |
| | 132 U&W | 7.00 MasterChef Australia | | 8.00 Pete Wicks: For Dogs' Sake | | | | | |
| DOCUMENTARY | 125 DISCOVERY | 7.00 Gold Rush: Mine Rescue with Freddy & Juan | | | | 9.00 Expedition Files | | 10.00 Mystery at Blind Frog Ranch | |
| | 162 ANIMAL PLANET | 7.00 Treehouse Masters: Out on a Limb | | 8.00 100 Days Wild | | 9.00 Alaska: The Last Frontier | | 10.00 Alaskan Bush People | |
| | 129 NAT GEO | 7.00 Air Crash Investigation | | | | | | 10.00 Construction Fails | |
| | 123 SKY HISTORY | 7.00 Forged in Fire | | 8.00 Full Custom Garage | | 9.00 World War II: Witness to War | | | |
| | 155 U&YESTERDAY | 7.00 A Perfect Planet | | 8.00 Canal Boat Diaries | | | | 10.00 Bangers & Cash | |
| | 114 SKY DOCS | ‹ 6.00 Queen of Speed | | 8.00 Savage Mountain | | | | 10.00 Film: The Alpinist | |

‹ Denotes programmes starting before 7.00pm † Regions vary

# FRIDAY

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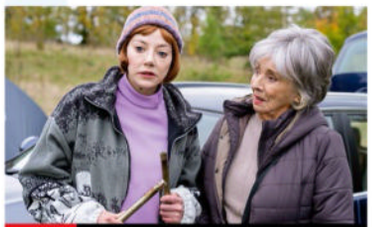
## BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** (S)(R)(AD)
10.00 **Trace, Track, Get My Car Back** (R)
10.30 **LIVE Athletics: European Championships** Day five from Alexander Stadium in Birmingham *Continues at 7.00pm on BBC2.* (S)
1.15 PM **BBC News** (S)
1.40 **Local News** (S)
1.50 **BBC News** (S)
2.00 **The Hairdresser Mysteries** New episode *The Immortal Mrs Marigold:* 5/6. Halloween arrives in Blossom Vale. (S1) (S)(AD)
■ Entire series on BBC iPlayer
2.45 **Escape to the Country** (S)(R)(AD)
3.30 **The Repair Shop** (S)(R)(AD)
4.30 **The Answer Run** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)



10.40 Ann Droid

7 PM
**7.00 The One Show at 20**
In an extended edition to celebrate the show's 20th anniversary, presenters Alex Jones and Roman Kemp bring together some of the biggest names and favourite stories from the past 20 years. (S)

8 PM
**8.00 LIVE Athletics: European Championships**
Gabby Logan presents further coverage of the evening session on day five from Alexander Stadium in Birmingham. One of the most eagerly anticipated events of the championships brings the night to a close, with Keely Hodgkinson, Femke Broeders-Bol and Audrey Werro all expected to be in contention in the women's 800m final. Finals also take place in the men's high jump, 400m hurdles and 200m, and the women's discus. (S)

9 PM

10 PM
**10.00 BBC News** (S)
**10.30 Local News** (S)
**10.40 Ann Droid**
New episode 5/6. Linda persuades Sue to go camping to see a meteor storm under clear skies. (S1) (S)(AD)
■ Entire series on BBC iPlayer
**11.10 FILM PREMIERE Mothers' Instinct**
Drama starring Anne Hathaway and Jessica Chastain. When a tragic accident shatters the harmonious lives of two housewives, guilt, suspicion and paranoia unravel their bond. With Josh Charles. *Previously shown on Netflix.* (S) (2024, 15, 90min) ★★★★ *See review, page 27.*
12.40 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.45 **to 6.00** AM **BBC News** (S)

## BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **The Answer Run** (S)(R)
7.15 **Money for Nothing** (S)(R)
8.00 **Sign Zone: Marcus Wareing Simply Provence** (S)(R)
9.00 **BBC News** (S)
10.30 **Antiques Road Trip** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **The Finish Line** Game show. (S)(R)
2.15 **Do You Know Your Place?** (S)(R)
2.45 **The Great Rift: Africa's Wild Heart** Double bill. (S)(R)(AD)
4.35 **Vintage Antiques Roadshow** (R)
5.15 **Flog It!** From Basingstoke. (S)(R)
6.00 **Richard Osman's House of Games** Quiz show. (S)(R)
6.30 **Bear Grylls: Wild Reckoning** A couple cannot agree what type of house they should buy. (S)(R)(AD)

9.00 Bergerac

**7.00 LIVE Athletics: European Championships**
The evening session on day five from Alexander Stadium in Birmingham, including the women's 10,000m final and the heptathlon. *Coverage continues on BBC1.* (S)

**8.00 Gardeners' World**
New edition As the drought takes its toll on Longmeadow, Monty Don takes stock of his garden and has a radical re-think of what he should be growing in the future. (S)

**9.00 Bergerac**
*Run the Story:* 5/6. A startling revelation about the night of Cate's murder changes everything. (S1) (S)(R)(AD)
■ Entire series on BBC iPlayer
**9.45 QI XL**
*Ticks Tax Toes:* Sandi Toksvig hosts an extended edition, with Rose Matafeo, Lou Sanders, Ross Noble and Alan Davies answering questions involving ticks, tax and toes. (S)(R)
**10.30 Newsnight** (S)

**11.05 FILM PREMIERE On Falling**
Drama starring Joana Santos and Inês Vaz. A Portuguese worker in a Scottish warehouse comes to terms with loneliness and alienation. (S) (2024, 15, 100min) ★★★ *See review, page 27.*
12.45 AM **Sign Zone: The Rapture** 5/5. A new drawing from Bethany leads Gabs and Dick to the old ruins, where the truth is revealed. (S1) (S)(R)(AD)
1.45 **to 6.30** AM **Previews** (S)

## ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
1.30 PM **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his team visit Oldham, where Alison Chapman gets her hands on some puppets, Cheryl Hackney falls for a brooch, and a rare piece of football history scores big at auction. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts the game show as Brian tries to open the 22 red boxes in the right order. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.30 Coronation Street

**7.30 Abbey Clancy: Celebrity Homes**
Abbey visits *Love Island* star and fashion blogger Olivia Bowen's Essex mansion and has a peak inside the private apartments of Emma Thynn, the Marchioness of Bath. (S)(R)

**8.00 Emmerdale**
Lewis surprises Kev with an announcement. (S)(AD)
**8.30 Coronation Street**
Lucy's presence stirs up conflict on the street, and Idris tries to convince Alya to sell him her share of the business. (S)(AD)

**9.00 Who Wants to Be a Millionaire? Celebrity Special**
Jeremy Clarkson hosts a celebrity version of the big-prize quiz as Dion Dublin and Steph McGovern try to answer questions to win cash for their chosen charities. (S)(R)

**10.00 The Twisted Tale of Amanda Knox**
New episode *U Were There:* 7/8. After four years in prison for a crime they didn't commit, Amanda and Raffaele are free, but home feels unrecognisable to Amanda. (S1) (S)(AD)

11.00 **ITV News** (S)
11.35 **Local News** (S)
11.50 **Inside The Langham: Britain's First Grand Hotel** 4/6. The hostelry's managing director heads to the island of Murano to oversee progress on the Langham Venice. (S)(R)(AD)
12.15 AM **Teleshopping**
3.00 **Force of Nature** (S)(SL)(R)(AD)
3.50 **Long Lost Family** (S)(SL)(R)(AD)
4.45 **to 6.00** AM **Unwind with ITV** (S)

+1 hour 203 | 303 | 35 | 112 | 251

## CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 17-20/24. (S5) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(R)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)(AD)
1.10 **The Great House Giveaway** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A search for a property on Gran Canaria. (S)(R)
4.00 **Saving Country Houses with Penelope Keith** In Dorset, rain and storms threaten Mapperton House's annual plant fair. (S)(R)(AD)
5.00 **Chateau DIY** Donna and Paul's Scottish-themed suite renovation is finally complete. (S)(R)(AD)
6.00 **American Pickers** New edition A stash from a bicycle and sporting goods store is uncovered. (S)(AD)

10.00 Big Fat Quiz: Best Bits

**7.00 News** (S)

**8.00 Surgery Secrets of the Super Rich**
New edition 5/6. Emma has a pioneering £9,500 nano-fat treatment to rejuvenate her under-eye shadows, and James tackles hair loss head-on in an eight-hour transplant. (S)(AD)

**9.00 8 Out of 10 Cats Does Countdown**
Jimmy Carr hosts the comedy words-and-numbers quiz, with Jon Richardson and Roisin Conaty taking on Rob Beckett and Kiell Smith-Bynoe. Lou Wall is in Dictionary Corner. (S)(R)

**10.00 Big Fat Quiz: Best Bits**
New edition A compilation of the biggest flops from the show, featuring Jack Whitehall, Kevin Bridges, Mel Giedroyc, Katherine Ryan, Rob Beckett, Babatunde Aléshé, Micky Flanagan and Mel B. (S)

**11.05 Sarah Millican: Chatterbox**
Stand-up comedy perfomance from Bloomsbury Theatre. (S)(R)
12.10 AM **Bill Bailey: Part Troll**
Stand-up comedy show from the Hammersmith Apollo. (S)(R)
1.35 **Ramsay's Hotel Hell** A debt-ridden eatery in Idaho. (S)(SL)(R)(AD)
2.25 **Four in a Bed** Five editions. (S)(R)
4.35 **Couples Come Dine with Me** (R)
5.30 **Kirstie's House of Craft** (S)(R)
5.40 **to 6.05** AM **A Place in the Sun** (R)

+1 hour 204/208 | 304 | 15 | 121 | 252



(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

## 5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.20 **FILM My Husband's Seven Wives** Thriller starring Kristi Murdock and Christina Licciardi. (S) (2024, PG, 100min) ★★
4.00 **Castle** *Sleeper:* 20/23. A mysterious recurring dream drives Castle and Beckett to seek answers. (S7) (S)(R)
4.55 **Love Nature** A look at winter on Islay, Scotland's southernmost Inner Hebrides island. (S)(R)
5.00 **News** (S)
6.00 **Ibiza: Jewel of the Med** A visit to the Balearic island known for its world-class nightlife. (S)(R)
6.55 **News** (S)

**10.30 Piers Morgan: Uncensored**

7.00 **Tom Read Wilson's Magnificent Journey** Tom embarks on a journey through Tuscany, arriving in Florence, where he views Michelangelo's *David*. (S)(R)
7.55 **News** (S)
8.00 **Alexander Armstrong in Sri Lanka** 1/3. Alexander heads for the paradise isle of the Indian Ocean, exploring its golden sands and historic culture, beginning in the fortress town of Galle. (S)(R)
9.00 **The Big Drought of 1975** A look at the extraordinary record-breaking spell of erratic weather in the UK that lasted for 16 months from May 1975, culminating in 1976, when thousands of households had to rely on standpipes. (S)(R)
10.30 **Piers Morgan: Uncensored** Opinion-led news and debate show. (S)
12.05 AM **Fare Dodgers: At War with the Law** Investigators hunt for a suspected fare evader. (S)(R)
1.00 **Teleshopping** (S)(R)
2.00 **Entertainment News** (S)
2.10 **GPs: Behind Closed Doors** (R)
3.00 **Castle** As 4.00pm. (S)(R)
3.45 **Friends** (S8&9) (S)(R)(AD)
4.35 **Cruising with Susan Calman** The city of Barcelona. (S)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

## SKY ONE

106 106 109 346 361

6.00 AM **Mornings with Jones and Melbourne**
8.00 **Stargate SG-1** (S6) (S)(R)
10.00 **Will & Grace** (S11) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Big Cats Small World** (R)
1.00 PM **Hawaii Five-0** (S7) (S)(R)
3.00 **S.W.A.T.** (S1) (S)(R)(AD)
5.00 **The Simpsons** *Dog of Death:* A dejected Santa's Little Helper runs away from home and is adopted by Mr Burns. (S)(R) **5.30** *Bart the Lover:* Mrs Krabappel searches for love in the personal ads. (S)(R) **6.00** *Homer at the Bat:* Homer decides to join the power plant's softball team. (S)(R) **6.30** *Colonel Homer:* Homer becomes the manager of a country singer. (S)(R)

**10.00 Grimsburg**

7.00 **The Simpsons** *Black Widower:* Selma reveals she is getting engaged to her prison pen-pal. (S)(R) **7.30** *The Otto Show:* Marge and Homer buy Bart a guitar to encourage his musical interests. (S)(R)
8.00 **An Idiot Abroad 2** 7/8. Karl Pilkington prepares for his final journey, a 15-hour trek to the summit of Mount Fuji in Japan, receives sumo-wrestling training and experiences state-of-the-art robotics. (S)(R)(AD)
9.00 **NEW Frank Skinner: 30 Years of Dirt** Stand-up comedy show at Soho Theatre Walthamstow, in which the comedian looks back at his career, including his attempts to perform clean comedy. (S)
10.00 **Grimsburg** New episodes *Camp Slasher:* 7/13. Flute and the team try to make a summer camp slasher-proof. (S) **10.30** *Manchine:* 8/13. Marvin needs a partner to catch the Cartwheel Killer. (S1) (S)
11.00 **Grimsburg** New episode *The Funaways:* 9/13. Stan stages his disappearance with assistance from Dr Pentos. (S1) (S)
11.30 **An Idiot Abroad 2** Karl arrives back in the UK. (S)(R)(AD)
12.30 AM **Grimm** 13/13. Nick faces off against Zerstorer in a climactic battle. (S6) (S)(R)
1.30 **The Force: Manchester** (S)(R)
2.30 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** (S7) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

## LOCAL VARIATIONS

### BBC1

**SCOTLAND**
Sky 964, Virgin 862, Freesat 964
No variations

**N. IRELAND**
Sky 966, Virgin 863, Freesat 966
**10.40pm** The Big Deal with Steph McGovern (S) (R) **11.40** Ann Droid New episode (S)(AD) **12.10am FILM PREMIERE** Mothers' Instinct (S) (2024, 15, 90min) ★★★★ **1.40-6.00am** BBC News (S)

**WALES**
Sky 965, Virgin 864, Freesat 965
No variations

### BBC2

**N. IRELAND**
Sky 969, Freesat 969
No variations

**WALES**
Sky 968, Freesat 968
No variations

### ITV1

As main ITV1 except:

**WALES**
**7.00-7.30pm** Coast & Country New edition (S)

### S4C

Sky 134, Virgin 164, Freesat 120
**6.00am** Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Pysgod i Bawb **12.30** Heno **1.00** Y Ci Perffaith **1.30** Dan Do **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Ty Ffit **4.00** Awr Fawr **5.00** Stwnsh **6.00** Gerddi Cymru **6.30** Garddio a Mwy **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Mike Bubbins: Un Mewn Miliwn (AD) **8.55** Newyddion a'r Tywydd **9.00** Am Dro! **10.00** Y Deis **10.30-11.35pm** Miwsig Fy Mywyd (AD)

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## BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** From Norway.
7.30 **FILM Night at the Museum: Secret of the Tomb** Fantasy comedy sequel starring Ben Stiller. (2014, PG, 98min) ★★★
9.00 **Death in Paradise** 5/8. A women's football match is cut short when the star player is found dead. (S14)
10.00 **Ghosts Australia** 6/8. Kate and Sean meet their wealthy neighbours. **10.25** 7/8. The ghost of Ned Kelly haunts the grounds. **10.50** 8/8. Sean promises an epic proposal. (S1)
11.15 **NEW SERIES He Had It Coming** 1/8. Comedy drama starring Lydia West and Natasha Liu Bordizzo. **11.40** New episodes 2/8. The girls deal with a threat. **12.05** AM 3/8. A second murder victim is found. **12.30** 4-8/8. (S1)
■ Entire series on BBC iPlayer
2.35 AM **My Mate's a Bad Date**
2.55 **to 3.55** AM **Death in Paradise**

## MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary competition from Leeds.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Car S.O.S** Tim Shaw and Fuzz Townshend take on a 1924 Austin 7 Chummy.
6.50 **Car S.O.S** Tim and Fuzz restore the smallest car they have ever worked on for a man who has endured a series of family tragedies.
7.55 **Grand Designs** Ecologist Fred and communications manager Saffron start building work on their new family home in a village in the Peak District.
9.00 **Carpe Diem** New episode 2/6. Tom takes on the case of a deep-sea fisherman who confessed to killing a gangster who had been forcing him to help with criminal activities. Meanwhile, Sigourney discovers a threatening figure from Tom's past. Subtitled. (S1)
10.05 **24 Hours in A&E** Doctors are concerned that a 32-year-old man may have damaged his spine in a 30ft fall from scaffolding.
11.10 **24 Hours in A&E**
12.15 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **A Place in the Sun**

+1 hour 236/237 347 125

## BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **NEW Beethoven's Seventh at the Proms** Gustavo Dudamel leads the Los Angeles Philharmonic, pairing Beethoven with Gabriela Ortiz's urgent *Revolucion diamantina.*
8.35 **TOTP: 2000** Featuring Geri Halliwell, Tom Jones & Stereophonics and Five. **9.05** Performances by Chicane feat Bryan Adams, Macy Gray and Blink 182.
9.35 **TOTP: 1985** Music by UB40 with Chrissie Hynde, Madonna and Kate Bush.
10.05 **TOTP: 1986** With Lionel Richie, Anita Dobson, Phil Fearon and Chris de Burgh.
10.35 **Elvis Costello in Concert: Later Presents** A studio performance, featuring the classics *Pump It Up* and *Watching the Detectives.*
11.35 **KD Lang: BBC Four Sessions** A 2008 concert.
12.35 AM **Nick Lowe: BBC Four Session** An acoustic set.
1.35 **TOTP: 2000** Double bill.
2.35 **TOTP: 1985** As 9.35pm.
3.05 **to 3.35** AM **TOTP: 1986**

## E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From Reading.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **America's Funniest Home Videos** A mischievous dog.
11.00 **Below Deck: Mediterranean**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
7.00 **The Simpsons** *Treehouse of Horror V:* A selection of ghoulish Halloween capers. **7.30** *Bart's Girlfriend:* Bart falls in love with the Reverend Lovejoy's daughter.
8.00 **Vanderpump Rules** New edition Audrey second-guesses her relationship with Chris.
9.00 **Gogglebox** Omnibus of the two part-special for Stand Up to Cancer.
10.00 **FILM American Reunion** Comedy sequel starring Jason Biggs, Alyson Hannigan and Eugene Levy. (2012, 15, 108min) ★★
12.10 AM **Naked Attraction**
1.10 **Gogglebox**
2.15 **Vanderpump Rules**
3.05 **Ramsay's Kitchen Nightmares USA**
3.55 **The Goldbergs**
4.45 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

Friday primetime

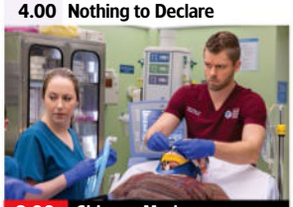
# FRIDAY Entertainment

Friday

## Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Send in the Dogs**
9.00 **Brit Cops: Law & Disorder**
10.00 **Stop, Search, Seize**
11.00 **Police 24/7**
12.00 NOON **FBI** 2&3/15. (S3)
2.00 PM **The Rookie** 13/22. Nolan and Aaron find criminals hiding in the station. (S5)
3.00 **Law & Order: Criminal Intent** 13/16. An inspector for the department of health is found murdered. (S9)
4.00 **Nothing to Declare**

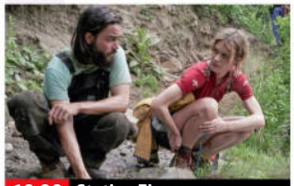


8.00 Chicago Med

## Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town**
8.00 **Billions** 9&10/12. (S5)
10.15 **House of the Dragon** (S1)
12.35 PM **Homicide: Life on the Street** 6&7/22. (S5)
2.30 **Billions** 9&10/12. (S5)
4.35 **The Last of Us** 2/7. Abby weighs up her options.
**5.40** 3/7. Ellie prepares to petition the town council. (S2)
6.40 **House of the Dragon** 7/10. As the families descend on Driftmark for a funeral, King Viserys calls for an end to the Great Houses' infighting. (S1)



10.00 Station Eleven

## ITV2

118 122 115 6 113 6

6.00 AM **Backyard Builds**
6.30 **Dress to Impress**
7.30 **Real Housewives of Potomac**
8.20 **Real Housewives of Beverly...**
9.15 **The Only Way Is Essex**
10.15 **Dawson's Creek** 10/13. (S1)
11.10 **Charmed** 10/22. (S1)
12.10 PM **Deal or No Deal**
1.10 **Supermarket Sweep**
2.10 **The Floor**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Potomac**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

6.00 Celebrity Catchphrase

## ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **Agatha Christie's Poirot**
11.35 **Heartbeat** Double bill.
1.35 PM **Midsomer Murders** *The Killings at Badger's Drift:* Barnaby uncovers secrets as he investigates a suspicious death.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *A Many Splendoured Thing:* The arrival of Lord Ashfordly's new wife causes excitement.

8.00 Doc Martin

## ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.00 **LIVE World Series of Darts** Coverage of day one of the Auckland Masters held at Spark Arena in New Zealand, featuring first-round matches.
12.00 NOON **Dramatic Finishes**
12.10 PM **Magnum, PI**
3.15 **Boon**
4.15 **The Professionals**
5.25 **British Touring Car Championship Highlights** Nicki Shields presents action from the 16th, 17th and 18th races from Knockhill.

12.10 Magnum, PI

### 7 PM

**7.00 Nothing to Declare** Officers arrest a man carrying heroin internally. **7.30** Officers are worried about a girl's mental state.

**7.45 House of the Dragon** *The Lord of the Tides:* 8/10. Six years later, the succession plans for Driftmark become critical, and Rhaenyra tries to strike a bargain with Rhaenys. (S1)

**7.00 The Floor** The contest is heating up with just 57 players left as Rob Brydon hosts another round of quick-fire quiz duels.

**6.55 Heartbeat** *Horses for Courses:* Mike joins forces with Scotland Yard when a gang of thieves arrive to steal a valuable horse.

**6.55 Sharpe** *Sharpe's Sword:* 3/3. Despatched by Munro to kill a French colonel, Sharpe is wounded in battle and hovers at death's door – but Harper and a mute nun set about nursing him back to health. (S3)

### 8 PM

**8.00 SERIES RESUMES Chicago Med** *Triple Threat:* 8/21. The doctors deal with the fallout of a citywide blackout. (S11)

**8.00 The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

**8.00 Doc Martin** *All My Trials:* 8/8. A visitor to Portwenn returns to research her family tree and seek the doctor's advice. (S8)

### 9 PM

**9.00 SERIES RESUMES Chicago Fire** *A Man Possessed:* 8/21. Mouch and Pascal face budget cuts at the firehouse. (S14)

**9.00 Station Eleven** New episode *Goodbye My Damaged Home:* 7/10. Kirsten confronts the source of her trauma.

**9.00 FILM John Wick: Chapter 2** Action thriller sequel starring Keanu Reeves. When an Italian crime lord holds him to a blood oath, hitman John Wick goes on another murderous rampage. With Riccardo Scarmarcio. (2017, 15, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
**11.25 Family Guy** 1/20. Stewie gets addicted to ADHD medication. **11.55** 2/20. Stewie tries to befriend a pint-sized version of Tom Cruise. (S14)
12.25 AM **American Dad!** (S4)
1.25 **Bob's Burgers** 15&11/22. (S13)
2.15 **to 3.00** AM **Unwind with ITV**

**9.00 Doc Martin** *To the Lighthouse:* 1/8. A GMC representative arrives to assess Martin and his surgery. (S9)

**9.00 FILM RoboCop 2** Sci-fi action thriller sequel starring Peter Weller as the indestructible robotic law enforcer, here tackling corporate corruption and a designer drug dealer on the streets of future Detroit. With Nancy Allen. (1990, 18, 114min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●
**11.15 Wrestling: AEW Dynamite** Hard-hitting wrestling action, featuring world-class talent including Jon Moxley and Claudio Castagnoli.
1.15 AM **Dark Side of the Ring**
2.05 **to 3.00** AM **Two and a Half Men**

### 10 PM

**10.00 SERIES RESUMES Chicago PD** *Born Screaming:* 8/21. The team race to solve the Bell case. (S13)
11.00 **The Rookie** 9/22. A suspect dies in custody. (S5)
12.00 M'T **FBI** 14&15/19. (S2)
2.00 AM **FBI: International** (S3)
3.00 **FBI: Most Wanted** 4/22. (S3)
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Border Security: Canada's Front Line**

**10.00 Station Eleven** New episode *Who's There?* 8/10. Kirsten arrives to rescue the Travelling Symphony. (S1)
11.00 **House of the Dragon** 7&8/8. *Game of Thrones* prequel starring Matt Smith and Emma D'Arcy. (S3)
1.40 AM **Billions** 9&10/12. (S5)
3.40 **The Guest Wing**
4.35 **Sort Of** (S3)
5.05 **to 6.00** AM **Urban Secrets**

**10.00 Grantchester** 1/8. A death interrupts the Easter Fete, and Alphy attempts to use the case as a distraction from his personal life. (S10)
11.00 **Grantchester** 2/8. A death at the university plunges Geordie and Alphy into a world of academic adversaries. (S10)
11.50 **Trial & Retribution** (S11)
1.55 AM **George and Mildred**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 207 310

+1 hour 208/209

+1 hour 218 315 29 114 254

+1 hour 219 317 116

+1 hour 220 318 118

## BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Greatest Escape** 7/8. Three getaways are judged as part of wildcard week.
8.00 **Paramedics on Scene** 7/10. A woman's mobility scooter plunges down an embankment.
9.00 **Hercules the Bear: A Love Story** The story of a Scottish couple who raised a grizzly bear.
10.00 **Still Game** 5/9. Jack and Victor spend their funeral fund. (S2)
10.30 **Two Doors Down** 2/6. Beth and Eric look after Alan. (S6)
11.00 **Situationships with Sophie and Christine** Sophie Gravia and Christine McGuinness offer relationship advice. **11.30** PM **to 12.00** M'T Sophie and Christine offer advice on dating.

## Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S3)
9.00 **Sort Of** 5&6/8. (S2)
10.00 **Upright** 7&8/8. (S2)
11.20 **Will & Grace** (S7)
12.20 PM **The Rehearsal** (S1)
1.40 **Upright** 7&8/8. (S2)
3.00 **Will & Grace** (S7)
4.00 **The Office Movers** (S2)
5.00 **Community** (S2)
6.00 **Will & Grace** (S8)
7.00 **The Office (US)** (S5)
8.00 **The Office Movers** 3/8. Shazam takes on an office relocation job. **8.30** 4/8. Students are late for locker moving day. (S2)
9.00 **Sarah Silverman: Someone You Love** Stand-up comedy show filmed at the Wilbur Theater in Boston.
10.15 **Yvonne Orji: A Whole Me** Stand-up show.
11.30 **The Rehearsal** (S1)
12.50 AM **The Office Movers**
1.50 **Community** (S2)
3.20 **Upright** 8/8. (S2)
4.00 **to 5.00** AM **Sort Of**

## Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **André Rieu: La Vie Est Belle**
7.45 **Artist of the Year**
8.45 **Tales of the Unexpected**
9.50 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Seven Dials Mystery** Murder mystery.
2.30 PM **Tales of the...**
3.00 **The Eighties**
4.00 **Discovering**
5.00 **Portrait Artist 2022**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **From the Vaults**
9.00 **The Thousand and One Musical Lives of Fleetwood Mac**
10.15 **Classic Albums**
11.35 **Fleetwood Mac: Live in Boston** 1&2/2.
2.00 AM **The Eagles: Desperado**
3.30 **Discovering: The Eagles**
4.00 **Skinner & Mina's Literary Road Trip**
5.00 **to 6.00** AM **The Sky Arts Book Club**

## Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 5/26. (S6)
5.00 **Stargate SG-1** (S8)
6.00 **Stargate Universe** (S2)
7.00 **Star Trek: The Next Generation** 6/26. (S5)
8.00 **Police 24/7**
9.00 **FILM Vendetta** Action thriller starring Bruce Willis and Thomas Jane. (2022, 15, 96min) ★★
11.00 **Grimm** 5/22. (S1)
12.00 M'T **Fantasy Island**
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

## ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Supermarket Sweep**
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Matt takes on The Banker for the chance to win a cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Celebrity Lingo** Natalie Cassidy, Angellica Bell, Jonnie Peacock and Greg Rutherford take part in the quiz show. **9.30** With guests Charlotte Hawkins, Sean Fletcher, Fay Ripley and John Thomson.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.40 **to 3.00** AM **Unwind**

## 4seven

137/138 163 143 49 127 16

9.00 AM **American Pickers**
10.00 **Find It, Fix It, Flog It**
11.00 **Saving Country Houses with Penelope Keith**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Dover 24/7: Britain's Busiest Port** Staff mark the port's role in two world wars with a remembrance service.
8.00 **Renovation Rescue** The team help a widow breathe new life into her family home.
9.00 **24 Hours in A&E** Patients' relatives explain how they have faced challenges together.
10.00 **999: On the Front Line**
11.00 **Gogglebox**
12.00 M'T **Celebrity Gogglebox**
1.05 AM **Secret Lives of Gypsy Wives**
2.05 **Naked Attraction**
3.05 **Big Fat Quiz: Best Bits**
4.00 **to 5.00** AM **The Dog House**



★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

## Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S4)
2.00 **Warehouse 13** (S4)
4.00 **Stargate SG-1** 8/20. (S8)
5.00 **Star Trek: Voyager** 24/26. The Doctor transmits his holographic program back to the Alpha Quadrant in a bid to save his dying mentor. (S6)
6.00 **Star Trek: Enterprise** 21/24. Archer and the crew encounter another Starfleet vessel. (S3)

2.00 Warehouse 13

7.00 **Stargate Atlantis** *Quarantine:* 13/20. The city goes into lockdown. Guest stars David Nykl and Brenda James. (S4)
8.00 **Stargate SG-1** *Covenant:* 8/20. Samantha Carter is forced to inform a dangerous businessman about the Stargate. (S8)
9.00 **FILM Jurassic Attack** Sci-fi action adventure starring Corin Nemec. A commando unit crash-lands in a remote jungle filled with prehistoric predators. With Vernon Wells and Gary Stretch. (2013, 15, 83min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 **The Walking Dead** 2/16. Rick encounters a familiar face, as the plot begins to unfold. (S8)
12.00 M'T **Warehouse 13** (S4)
2.00 AM **The Walking Dead** (S8)
3.00 **Fact or Faked: Paranormal Files** Featuring a sighting of a chupacabra and a mysterious figure caught on camera.
4.00 **to 6.00** AM **Most Haunted**

## U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S8)
9.00 **Shakespeare & Hathaway: Private Investigators** (S3)
10.00 **The Mentalist** 21/22. (S5)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Body of Proof** (S2)
1.00 PM **Death in Paradise** (S13)
2.00 **Murdoch Mysteries** (S8)
4.00 **The Mentalist** 21/22. (S5)
5.00 **Hudson & Rex** 2/8. Rex witnesses a murder while stuck at home. (S7)
6.00 **Body of Proof** 3/20. A nanny is killed during the abduction of the child in her care. (S2)

9.00 NCIS: Sydney

7.00 **Private Eyes** *The Hills Have Eyes:* 15/18. Everett and Shade investigate suspicious activity with the aid of a 12-year-old. (S2)
8.00 **Death in Paradise** *Your Number's Up:* 2/8. A game of bingo at a care home ends in murder. Guest stars Hayley Mills. (S13)
9.00 **NCIS: Sydney** *Snakes in the Grass:* 2/8. A navy compliance officer is found dead in a waterhole from a snakebite. (S1)
10.00 **Father Brown** *The Cup of Calabria:* The sluething priest joins forces with Flambeau to hunt for a priceless holy relic.
11.00 **Private Eyes** 15/18. (S2)
12.00 M'T **Shakespeare & Hathaway: Private Investigators** 5/10. A simple missing person's case takes a dramatic turn. (S3)
1.00 AM **Death in Paradise** (S13)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

## U&Gold

110/111 121/131 124 344 359

7.05 AM **Highlights**
9.05 **The Green Green Grass**
9.40 **Are You Being Served?**
10.20 **Last of the Summer Wine**
11.40 **Dad** Sitcom.
12.20 PM **Only Fools and Horses**
1.00 **Keeping Up Appearances**
1.35 **Dad's Army**
2.20 **The Green Green Grass**
3.00 **Are You Being Served?**
3.40 **Dad** Sitcom.
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

7.40 Only Fools and Horses

7.00 **Dad's Army** Mainwaring and Wilson are trapped in the bank vault with an unexploded bomb.
7.40 **Only Fools and Horses** A decorating disaster befalls the Trotters.
8.20 **Are You Being Served?** A vacancy comes up in the menswear department.
9.00 **Porridge** Fletch is desperate to get out of making fishing nets.
9.35 **Fawlty Towers** Manuel's pet rat escapes just as a health inspector is about to arrive at the hotel.
10.20 **Not Going Out** Lee, Lucy and Daisy go on a skiing trip to Eastern Europe.
11.00 **Mrs Brown's Boys** Dermot starts to get cold feet in the run-up to his wedding.
11.35 **Porridge**
12.15 AM **Fawlty Towers**
1.00 **Not Going Out**
1.40 **Mrs Brown's Boys**
2.25 **to 4.00** AM **The Outlaws**

+1 hour 210/211 324

## U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear** With Brian Cox.
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Cornwall**
11.25 **Yukon Gold** Documentary.
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Guy Martin: Proper Jobs**
4.00 **Hairy Bikers' Best of British**
5.00 **Rick Stein's Cornwall** Four editions, including at: **6.30** A visit to Bodmin Moor. **6.30** The chef boards the ferry to the Isles of Scilly.

8.20 QI XL

7.00 **Mortimer & Whitehouse: Gone Fishing** Fishing for trout on the River Test.
7.40 **Would I Lie to You?** With Jo Brand, Roisin Conaty, Paul Foot and Ray Mears.
8.20 **QI XL** Sandi Toksvig hosts a varied edition, with Ross Noble, Sara Pascoe, Sally Phillips and Alan Davies.
9.25 **Would I Lie to You? At Christmas** With guests Ray Winstone, Rachel Riley, Josh Widdicombe and Ricky Tomlinson.
10.00 **Magnum P.I.** *Die He Said:* 8/20. A dying man hires Thomas to find his estranged brother. (S1)
11.00 **Magnum P.I.** 9/20. (S1)
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** As shown at 9.00pm.
2.50 **Richard Osman's House of Games** With Milton Jones.
3.35 **to 4.00** AM **Parks and Recreation**

+1 hour 211/212 327 74 259

## U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.30 **Classic Holby City**
10.45 **Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.00 **Classic Neighbours**
3.00 **Whitstable Pearl**
4.05 **Lovejoy**
5.20 **As Time Goes By**
6.00 **Last of the Summer Wine** Foggy is determined to plant a flag in a prominent position. **6.40** Compo spots a romantic opportunity.

5.20 As Time Goes By

7.20 **Last of the Summer Wine** Sid and Wally's wives become suspicious of their husbands' antics in the woods.
8.00 **Father Brown** *The Winds of Change:* The priest discovers a killer is using the model village to plan their attacks.
9.00 **Father Brown** *The Company of Men:* Father Brown helps out a friend at an exclusive gentlemen's club.
10.00 **New Tricks** *Good Morning Lemmings:* The team reopen the case of a murdered street artist when graffiti by a person claiming to be the killer appears around London
11.20 **Luther** 4/4. The cop confronts the reality of his actions. (S2)
12.40 AM **Lovejoy**
1.50 **Sister Boniface Mysteries**
2.40 **to 4.00** AM **Hotel Portofino**

+1 hour 243 316 60 260

7 PM
8 PM
9 PM
10 PM

## 5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 13-15/23. (S1)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *The Bone Yard:* 5/23. The remains of an FBI agent are found. **7.00** *Terminal Leave:* 6/23. The team try to protect a naval officer. **8.00** *Call of Silence:* 7/23. A Marine veteran confesses to murder. (S2)
9.00 **Beauty and the Beast** *Who Am I?* 1/22. Cat tries to find Vincent. **10.00** *Kidnapped:* 2/22. Cat gets kidnapped by Vincent. (S2)
11.00 **Law & Order: Special Victims Unit** *Gone, Baby, Gone:* 9/24. Emotions run high as the SVU squad embark on a frantic search for Benson's son. (S19)
12.00 M'T **Law & Order: Special Victims Unit**
2.55 **to 3.50** AM **Wild Cards**

+1 hr 241/269 320/362 130

## 5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** A man with suspected sepsis.
9.00 **999: Critical Condition** A patient is rushed in after a cardiac arrest.
10.00 **A&E After Dark** Staff try to save the sight of a woman who impaled her eye on a tent peg.
11.00 **Trauma Room One**
12.00 M'T **Skin A&E**
1.00 AM **Cold Case Killers**
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Scam City**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

## 5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Winter Road Rescue**
9.45 **Trucking Hell**
10.45 **Police Interceptors**
11.45 **Gunsmoke** (S13)
12.50 PM **FILM Once Upon a Time in the West** Western. (1968, 15, 165min) ★★★★★
4.00 **Highway Thru Hell**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Cops** New editions A man fleeing from a sideshow rams a car. **10.30** A suspect hides in a crawl space.
11.00 **The X-Files** 19/20. (S5)
12.00 M'T **Walker** New episode 5/18. (S1)
12.55 AM **Outback Truckers**
1.55 **Trucking Heavy**
3.50 **to 4.00** AM **Entertainment News**

## U&W

132/133 131/133 125 25 156 28

6.15 AM **Property Brothers: Forever Homes**
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
5.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition It is the first team challenge, and the contestants are eager to see if they can work together.
8.00 **Pete Wicks: For Dogs' Sake** Pete meets a dog on the brink of starvation. **9.00** Pete meets a pug facing a worrying surgery. **10.00** A litter of puppies that were abandoned.
11.00 **Gavin & Stacey**
1.00 AM **Butchers of the Bayou** Documentary.
1.45 **Teleshopping**
1.55 **to 3.00** AM **Body on the Beach: What Happened to Annie?**

+1 hour 232/233 325

## U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash: Restoring Classics**
10.00 **Great War Stories**
11.00 **The World at War**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Great War Stories**
5.00 **The World at War**
6.00 **Antiques Roadshow**
7.00 **A Perfect Planet** The effect human activity is having on the Earth.
8.00 **Canal Boat Diaries** Robbie helps rescue a runaway narrowboat on the Macclesfield Canal. **9.00** Fallen trees block Robbie's journey on the Peak Forest Canal.
10.00 **Bangers & Cash**
12.00 M'T **Bangers & Cash: Restoring Classics**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Abandoned Engineering**

+1 hour 255 329

## Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Cornwall.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters: The Restorers** Triple bill.
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Who Do You Think You Are?** Richard Osman.
6.00 **The Repair Shop**
7.00 **The Yorkshire Auction House** Siblings clear their late parents' home.
8.00 **Antiques Road Trip**
9.00 **My Lottery Dream Home** New editions
10.00 **Help! I Wrecked My House** New edition Jasmine looks for a new studio for her business.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

# FRIDAY Entertainment

Friday

## Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S6)
9.00 **Bramwell** 5/7. (S1)
10.00 **The Irish RM** 5/6. (S1)
11.00 **Little House on the Prairie** 3&4/23. (S3)
1.00 PM **The Waltons** (S7)
4.00 **Little House on the Prairie** 3&4/23. (S3)
6.00 **The Irish RM** 5/6. (S1)
7.00 **M*A*S*H** 9/24. Henry gets promoted to admin duties in Tokyo. **7.30** 10/24. Hawkeye turns detective to solve a spate of thefts. **8.00** 11/24. Frank contracts hepatitis. **8.30** 12/24. Hawkeye writes home about Christmas in Korea. (S1)
9.00 FILM **Ghost** Romantic fantasy thriller starring Patrick Swayze. (1990, 12, 127min) ★★★★
11.50 **M*A*S*H** 9–12/24. (S1)
2.00 AM **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

## Great! Action

318 317 426 42 33

9.00 AM **Raiders of the Lost Art** Documentary.
10.00 **Murder Maps**
11.00 FILM **The Doolins of Oklahoma** Western with Randolph Scott. (1949, b/w, U, 90min) ★★
1.00 PM **The Unit** 7/23. (S2)
2.00 **Burn Notice** (S3)
4.00 FILM **Sniper Elite** Sci-fi action adventure starring Matthew Reese. (2014, 15, 91min) ★★
6.00 **The Unit** 7/23. (S2)
7.00 **Burn Notice** (S3)
9.00 FILM **The Transporter Refuelled** Action thriller sequel starring Ed Skrein and Ray Stevenson. (2015, 15, 96min) ★★
11.05 **The Avengers** (S5)
12.05 AM **The New Avengers**
1.05 **The Persuaders!** (S1)
2.05 FILM **Collision Course** Thriller with Tia Carrere. (2012, PG, 90min) ★★
3.40 **Coast Guard Alaska**
4.25 **to 5.50** AM **Air Rescue**

+1 hour 319

## Great! Mystery

320 318 425 50 48

8.10 AM FILM **Martha's Vineyard Mysteries: Poisoned in Paradise** Thriller. (2021, PG) ★★
10.05 FILM **Morning Show Mysteries: A Murder in Mind** Crime drama. (2019, PG, 84min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S4)
2.00 **Castle** 1/24. (S5)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 2/24. (S5)
8.00 **Unforgettable** (S4)
9.00 **In Plain Sight** 1/8. (S5)
10.00 FILM **Morning Show Mysteries: Murder Ever After** Crime thriller. (2021, PG, 89min) ★★
11.50 FILM **Murder, She Baked: A Deadly Recipe** (2016, PG) ★★
1.45 AM FILM **Off the Rails** Drama. (2017, PG) ★★
3.25 **to 5.00** AM FILM **My Stepfather's Secret** Thriller. (2019, 12) ★★

+1 hour 321

## Great! Romance

322 319 424 52 47

8.10 AM FILM **Accidentally in Love** Romantic comedy. (2021, PG, 88min) ★★
10.05 FILM **Love on Retreat** Drama. (2023, PG) ★★
12.05 PM FILM **Just My Type** Comedy. (2020, PG) ★★
2.00 FILM **Secret Millionaire** Romantic comedy. (2018, PG, 84min) ★★
3.50 FILM **Love in Bloom** Romantic comedy. (2022, U, 87min) ★★
5.45 FILM **Love, Game, Match** Romantic comedy. (2022, U, 91min) ★★
7.45 FILM **The Love Gala** Romantic comedy. (2023, PG, 86min) ★★
9.45 FILM **Just for Showmance** Comedy. (2023, U, 83min) ★★
11.45 FILM **Home for Harvest** Drama. (2019, PG) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Secret Millionaire** Comedy. (2018, PG, 84min) ★★

+1 hour 323

## Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** In Nottingham.
1.00 PM **Country House Auction** Documentary.
2.00 **Alan Cumming's Edge of Scotland**
3.00 **Garden Rescue**
4.00 **Rick Stein's Food Stories** Food pioneers in the West Country.
4.45 **This Farming Life**
6.00 **Alan Cumming's Edge of Scotland**
7.00 **Love Your Garden**
8.00 **Garden Rescue**
9.00 **Yorkshire by the Sea**
10.00 FILM **I'm Not Feeling Myself Tonight** Comedy. (1976, 18, 84min) ★★
11.45 **Musketeer** Short drama.
12.00 M'T FILM **Hell in Normandy** War drama. (1968, PG, 89min) ★★
2.00 AM **Yorkshire by the Sea** Documentary.
3.00 **Love Your Garden**
4.00 **to 5.00** AM **Country House Auction**

## Rewind TV

182 81 164 141

6.00 AM **Highlights**
10.00 **Doctor in Charge**
10.30 **The Upper Hand** (S1)
11.00 **The Gaffer** 2/6. (S1)
11.30 **Only When I Laugh**
12.00 NOON **Man in a Suitcase**
1.00 PM **Two's Company**
1.30 **Agony** 5/6. (S1)
2.00 **Second Thoughts** (S3)
2.30 **The Gaffer** 2/6. (S1)
3.00 **Only When I Laugh**
3.30 **Randall and Hopkirk...**
4.30 **Old Country** (S2)
5.00 **Stereo Underground**
6.00 **Danger Man** 21/39. (S1)
6.30 **The Upper Hand** (S1)
7.00 **Doctor in Charge** (S1)
7.30 **Man in a Suitcase**
8.30 **Randall and Hopkirk (Deceased)** 11/26. (S1)
9.30 **The New Statesman**
10.00 FILM **Eskimo Nell** Comedy. (1974, 18) ★★
11.45 FILM **A Clock Work Blue** Erotic comedy. (1972, 18, 86min) ★★
1.30 AM **Stereo Underground**
2.30 **to 6.00** AM **Highlights**

## DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Building Off the Grid**
11.00 **Deadliest Catch**
12.00 NOON **Unexplained and Unexplored**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Homestead Rescue: Raney Ranch**
5.00 **Outback Opal Hunters**
7.00 **Aussie Gold Hunters** The Victoria Diggers are on the hunt for multi-million-dollar nuggets. **8.00** The Poseidon crew face a devastating financial disaster.
9.00 **Helicopter ER** A walker plunges down a ravine.
10.00 **Animal Cops Philadelphia**
11.00 **Expedition X**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

## Food Network

144 152 168 43 148 39

6.00 AM **Sophie Grigson: Slice of Italy**
7.00 **Hairy Bikers Go Local**
8.00 **Delicious Miss Brown**
9.00 **Jamie's One-Pan Wonders** Double bill.
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go Local**
4.00 **Jamie's One-Pan Wonders** Double bill.
5.00 **The Pioneer Woman**
6.00 **James Martin's Islands to Highlands**
7.00 **Great British Bake Off**
9.00 **Marcus in the Med: Mallorca** Double bill.
10.00 **Secrets of the Curry Kitchen** Recipes inspired by Kolkata's Chinatown.
10.30 **Maneet's Eats**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

## Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 10/25. (S2)
9.00 **Six Million Dollar Man**
10.00 **Babylon 5** 4/22. (S3)
11.00 FILM **Airtight** Australian sci-fi action thriller. (1999, 12, 89min) ★
1.00 PM FILM **Wild Horses** Contemporary Western. (1985, PG, 95min) ★★
3.00 FILM **The Pledge** Western. (2008, PG, 79min) ★★★
5.00 **Star Trek** 17/30. (S1)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 5/22. (S3)
8.00 **Walker, Texas Ranger**
9.00 FILM **Out of Sight** Romantic thriller starring George Clooney. (1998, 15, 122min) ★★★★
11.30 FILM **Nowhere to Run** Romantic action thriller. (1993, 15, 95min) ★★
1.30 AM FILM **Faster** Thriller. (2010, 15, 97min) ★★★
3.20 **to 5.00** AM FILM **The Trust** Comedy thriller. (2016, 15, 90min) ★★★

## Legend Xtra

316 316 171 69 138 51

9.00 AM FILM **Riddles of the Sphinx** Adventure. (2008, 12, 89min) ★★
11.00 **Andromeda** 19/22. (S4)
12.00 NOON FILM **The Blood Beast Terror** Horror. (1967, 12, 88min) ★
2.00 PM FILM **Operation Dunkirk** War adventure. (2017, 15, 96min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Shark Season** Disaster thriller starring Michael Madsen. (2020, PG, 87min) ★★
7.00 **Andromeda** 20/22. (S4)
8.00 **The A-Team** 14/25. (S3)
9.00 FILM **D-Tox** Thriller with Sylvester Stallone. (2002, 18, 96min) ★★★
11.00 FILM **Lawless** Prohibition-era crime drama starring Shia LaBeouf. (2012, 18, 111min) ★★★★
1.20 AM FILM **D-Tox** (2002)
3.15 FILM **Shark Season**
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

## Blaze

156 169 174 64 161 41

6.00 AM **Irish Pickers**
9.20 **Dickinson's Real Deal**
1.05 PM **Junk & Disorderly** Five editions of the series, including at: **4.05** Henry Cole, Allen Millyard and Guy Willison head for Mark's shed in Shrewsbury. **5.00** Henry Cole and Sam Lovegrove search for more bargains.
6.00 **Storage Wars** Kenny happens upon a familiar vehicle and follows it. **6.30** Ivy secures his skating equipment.
7.00 **Dickinson's Real Deal**
9.00 **History's Most Shocking** The wheels come off a vehicle going full speed.
10.00 **Weird Britain**
11.00 **Britain's X Files**
1.00 AM **Mission Unexplained**
2.00 **Court Cam** Double bill.
3.00 **Storage Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

## 5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
11.00 **Ben Fogle: New Lives in the Wild** Sweden.
12.00 NOON **All Creatures Great and Small: Christmas Special**
1.10 PM **Murder, She Wrote**
3.05 **Columbo**
5.05 **Dorset: Country and Coast** Poole Quay.
6.00 **Great British Ships**
7.00 **Ben Fogle: New Lives in the Wild** A 61-year-old woman who lives alone in an isolated camp in the Australian Bush. **8.00** Ben meets a 25-year-old in the Appalachian mountains in eastern America.
9.00 **Taggart** *Bloodlines:* A murderer's family is targeted for death.
11.05 **The Forgotten Prince: The Mystery of the Duke of Kent**
12.20 AM **Murder, She Wrote**
2.20 **to 4.00** AM **Great British Ships**

## Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Celebrity Antiques Road Trip** With Terry Wogan.
12.15 PM **Lily Savage's Blankety Blank**
1.00 **Classic Who Wants to Be a Millionaire?**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **All Star Family Fortunes**
4.45 **Celebrity Antiques Road Trip** With Richard Wilson.
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** With Susan Calman, Omid Djalili, Dermot Murnaghan ad Perri Shakes-Drayton.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** Quiz show.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

## TLC

133/134 139 113/128 12 144 17

7.00 AM **The Middle**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **The Middle**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the comedy, including at: **8.00** 8/24. Sheldon punishes Leonard for a past mistake. **8.30** 9/24. Penny deals with a mistake from her past. (S7)
9.00 **90 Day Fiancé** New edition Marissa grapples with doubts, Maxwell's family are shocked by Ashia's age, and Annabelle is upset.
11.00 **Dr Pimple Popper**
12.00 M'T **The Middle**
1.30 AM **Dr Pimple Popper**
2.30 **My 600lb Life**
4.30 **Say Yes to the Dress: UK** Reality series.
5.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

## Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **Everybody Loves Raymond** (S7&8)
11.00 **The Upper Hand**
1.00 PM **Friends** (S2)
7.00 **Friends** 21/24. Chandler and Ross face bullies. **7.30** 22/24. Rachel has an eventful birthday. **8.00** 23/24. Phoebe catches chickenpox. **8.30** 24/24. Rachel's former fiancé Barry gets married. (S2)
9.00 **Bradley & Barney Walsh: Breaking Dad**
9.30 **Kevin Bridges: The Brand New Tour**
11.25 **Whose Line Is It Anyway? USA**
12.25 AM **8 Out of 10 Cats**
2.05 **Russell Howard: Live at the London Palladium**
3.05 **Modern Horror Stories**
3.10 **Reno 911!** 9/16. (S5)
3.35 **Key & Peele**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

## Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves...**
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Easter Night at the...**
11.00 **Friends** (S5)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S7)
7.00 **Michael McIntyre's Easter Night at the Coliseum** Variety show.
8.00 **The Upper Hand** (S2)
9.00 **Michael McIntyre's Big Show** With Sting.
10.00 **Friends** 19–22/24. (S1)
12.00 M'T **Stupid Central**
1.00 AM **Michael McIntyre's Easter Night at the...**
2.00 **Lee Evans: Roadrunner**
3.05 **Jimmy Carr's Am I the A**hole?**
3.50 **Impractical Jokers**
4.50 **to 6.00** AM **Everybody Loves Raymond**

## That's TV

56 42

8.00 AM **Highlights**
10.20 **Bread** 1/10. (S8)
10.55 **Steptoe and Son** (S3)
11.25 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S3)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 5/13. Drama. (S1)
2.45 **Minder** 1/10. (S5)
3.50 **Just Good Friends** (S2)
4.25 **Man About the House**
4.55 **Bread** 1/10. (S8)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.15 **Rising Damp Xmas 1975**
6.45 **Steptoe and Son** (S3)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 7/13. (S2)
9.00 **Benidorm** 7/9. (S9)
9.55 **Shameless** 12/16. (S6)
10.55 **Man About the House**
11.25 **Mind Your Language**
11.55 **Benidorm** 7/9. (S9)
12.55 AM **Minder** 4/8. (S6)
2.00 **Duty Free** 1/7. (S3)
2.20 **to 5.00** AM **Highlights**

## MTV

126/127 137 134 351 366

6.00 AM **Daria** 4/13. (S2)
6.20 **Teen Mom 2: From the Beginning**
7.10 **Bar Rescue**
8.00 **Dallas Cowboys Cheerleaders**
9.00 **Catfish: The TV Show**
10.00 **Judge Judy**
12.00 NOON **Charmed**
2.00 PM **Catfish: Scammed**
3.00 **Judge Judy**
5.00 **Charmed** Double bill.
7.00 **Teen Mom: The Next Chapter** Cory and Cheyenne tackle co-parenting dilemmas.
8.00 **Judge Judy**
9.00 **MTV Unplugged** Featuring Latin pop superstar Shakira.
10.00 **Ink Master** Tattoo artists from across America compete in a series of ink-based challenges.
11.00 **Geordie Shore**
12.00 M'T **Ink Master: Angels**
1.00 AM **Ink Master**
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Daria**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

## Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **The Aquarium**
9.00 **Gold Rush** Double bill.
11.00 **Building Off the Grid**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of the series.
3.00 **How It's Made** Four editions of the series, including at: **4.30** A look at the making of solid tyres, cheesecake, canoe paddles and globes.
5.00 **Alaska: Homestead Rescue** A Colorado veteran's family and stable of horses are ravaged by hurricane-force winds.

10.00 Mystery at Blind Frog...

7.00 **Gold Rush: Mine Rescue with Freddy & Juan** Facing nonstop breakdowns and a crew mutiny, Freddy and Juan must divide forces to save rookie miners with $1M in debt on promising ground.

9.00 **Expedition Files** New edition Josh Gates solves a cold case and probes a teen's claims of being German royalty.

10.00 **Mystery at Blind Frog Ranch** New edition Charlie consults experts to expel powerful forces lingering on the ranch.
11.00 **Expedition X** Josh and Heather delve deeper into the terrifying history of Spike Island.
12.00 M'T **Deadliest Catch**
1.00 AM **Expedition Files**
2.00 **Mystery at Blind Frog Ranch**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

## Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **River of No Return**
10.00 **Tanked** Documentary.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo** The keepers' bonds they form with the animals. **4.00** Olga the ostrich is ready to be reunited with her flock.
5.00 **Lone Star Law** Speedsters run afoul of the wardens.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Amy must give a fat cat immediate facial surgery.

8.00 100 Days Wild

7.00 **Treehouse Masters: Out on a Limb** The team are challenged with creating a lighthouse treehouse that sits atop a seawall.

8.00 **100 Days Wild** Jennifer and Andrew welcome new members to their nomadic community.

9.00 **Alaska: The Last Frontier** Eivin and August make a hay baler that will ease their load, as long as it doesn't set on fire first.

10.00 **Alaskan Bush People** The Brown family try to apply their well-honed wilderness skills to an urban lifestyle.
11.00 **Mountain Monsters** A blood-sucking 'devil dog' terrorises a region in West Virginia.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Richard E Grant's Seven Deadly Sins** Pride.
2.00 **Treehouse Masters: Out on a Limb** As 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

## Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **World's Greatest Train Journeys from Above**
11.00 **Car S.O.S** Toyota Supra Mk 4.
12.00 NOON **Ultimate Airport Dubai**
1.00 PM **Air Crash Investigation**
2.00 **Erased: WWII Heroes of Colour** Double bill.
4.00 **Lost Treasures of Egypt**
5.00 **Battle for the Black Swan: Drain the Oceans** A clash over a treasure trove.
6.00 **Planes that Changed History** How the Avro Vulcan pushed the boundaries of aviation.

7.00 Air Crash Investigation

7.00 **Air Crash Investigation** Investigators make a discovery that threatens Russia's aviation system.

8.00 **Air Crash Investigation** The 1978 accident over San Diego, California, in which a PSA flight crashed into a private Cessna.

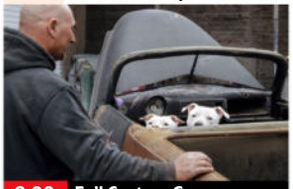
9.00 **Air Crash Investigation** Moments after taking off from a Norwegian island, a turboprop plunges into the North Atlantic.

10.00 **Construction Fails** Italy's Morandi Bridge was an engineering marvel – until it was a national embarrassment.
11.00 **Air Crash Investigation** Two almost identical air crashes.
12.00 M'T **Amsterdam Central 24/7** Employees try to control the flow of travellers and goods.
1.00 AM **To Catch a Smuggler**
2.00 **Lords of War**
2.30 **Abandoned** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack**

## Sky History

123/124 115/116 131 353 368

6.00 AM **Close Encounters**
6.30 **Pawn Stars** Four editions.
10.10 **Junk & Disorderly**
11.05 **Storage Wars**
12.00 NOON **Combat Trains**
1.00 PM **Thomas Jefferson**
3.00 **Hardcore Pawn** Six editions of the series, including at: **5.00** Seth has his eye on a valuable guitar. **5.30** The security guards start spooking customers.
6.00 **American Pickers** Mike tries to breathe life into a bundle of ultra-rare Harleys and Indians.



8.00 Full Custom Garage

7.00 **Forged in Fire** Previous champions go head to head in a five-hour round making their own signature san mai blades.

8.00 **Full Custom Garage** Car builder Ian Roussel has his work cut out for him when he takes on a wild concept car build.

9.00 **World War II: Witness to War** First-hand accounts and archive footage reveal the devastation of the German attack on France.

10.00 **World War II: Witness to War** Archival footage and eye-witness accounts show how pilots gave their all for the Allied cause.
11.00 **MonsterQuest** Double bill of the series providing a scientific look at creature sightings around the world.
12.55 AM **Combat Trains**
1.50 **Full Custom Garage**
2.50 **World War II: Witness to War** As 9.00pm.
3.40 **Pawn Stars** Documentary.
4.25 **Junk & Disorderly**
5.10 **to 6.00** AM **Storage Wars**

## Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The 2010s**
7.00 **Discovering: Glenn Close**
8.00 **The Directors**
8.55 **100 Foot Wave**
10.55 **Celtics City**
12.00 NOON **Enigma**
2.00 PM **FILM Busby** A profile of former Manchester United manager Matt Busby. (2019, PG, 102min) ★★★
4.00 **The Directors**
5.00 **Discovering: Glenn Close**
6.00 **Queen of Speed** A look at the life and career of French driver Michele Mouton.

10.00 The Alpinist

**Queen of Speed** (started at 6.00pm) — 7 PM

8.00 **Savage Mountain** Documentary telling the story behind Kristin Harila's record-breaking climb of the world's 14 highest mountains in just 92 days – and the controversy that followed. — 8 PM

9 PM

10.00 **FILM The Alpinist** Documentary about elusive Canadian climber Marc-André Leclerc. (2021, 12, 92min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●● — 10 PM

11.50 **Williams & Mansell: Red 5** The rise of Nigel Mansell and the Williams F1 racing team.
1.40 AM **Dave Not Coming Back** The story of two divers' efforts to retrieve a dead body from a freshwater cave.
3.40 **Nick Cave's Veiled World**
5.00 **to 6.00** AM **Discovering: Glenn Close**

## Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **Francis Bourgeois & Chris Harris: We Saved a Train**
2.00 **Shed and Buried**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Drive It**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** In Durham, Angus Ashworth uncovers hidden riches in a collector's cottage.
9.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

## Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Double bill.
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Faking It: Tears of a Crime** Ian Huntley.
1.00 PM **On the Case with Paula Zahn**
2.00 **Murder on CCTV**
3.00 **The Killer in My Family**
4.00 **American Monster**
6.00 **American Detective with Lt Joe Kenda**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Hollywood Demons** New edition Expecting teens face a backlash after appearing in a controversial show.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1 hr 249 337/346 152

## True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Britain's Countryside Killers** A look into the story of Linda Casey.
8.00 **UK Crime Files: The Twilight Killers** An incident of matricide.
9.00 **UK Crime Files: Murder Without Motive** A perplexing murder scene in Derbyshire.
10.00 **Millionaire Murders** William Saunderson-Smith is found bludgeoned to death.
11.00 **Secrets of a Murder Detective**
12.00 M'T **UK Crime Files: The Twilight Killers**
1.00 AM **UK Crime Files: Murder Without Motive**
2.00 **Millionaire Murders**
3.00 **Britain's Countryside Killers** As 7.00pm.
4.00 **to 5.45** AM **Close Calls: On Camera**

+1 hour 246 136

## True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: The Longest Murder Trial**
9.55 **UK Crime Files: Wicked Beyond Belief**
10.45 **Teleshopping**
11.00 **Killers: Caught on Camera** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Confession of Murder**
3.00 **UK Crime Files: The Road Rage Killer**
4.00 **Killers: Caught on Camera** Documentary.
5.00 **Medical Detectives** The disappearance of Madalyn Murray O'Hair. **5.30** A truck drives over an unconscious man. **6.00** The body of a woman is found in a box. **6.30** An girl's abduction from her home.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

## Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Brit Cops: Rapid Response** Documentary.
8.00 **A1: Britain's Longest Road** Documentary.
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Catching the...**
1.00 PM **Most Evil Killers**
2.00 **Killer in My Village**
3.00 **Catching the Killer**
4.00 **World's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Murder in Slow Motion: The Shana Grice Story**
10.00 **The Russell Murders: Who Killed Lin and Megan?** Documentary.
1.00 AM **Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **Murder Uncut**
4.00 **A1: Britain's Longest Road** Documentary.
5.00 **to 6.00** AM **Road Wars**

+1 hour 221/222 322

## PBS America

173 170 187 84 155 49

8.00 AM **Weathered**
8.35 **Digging Up Britain's Past** Bridgewater Canal.
9.35 **The Real Truth**
10.40 **Battle of Okinawa in Colour** As 7.55pm.
11.50 **Fall of Japan in Colour**
1.00 PM **Weathered: Earth's Extremes**
1.35 **Digging Up Britain's Past** Bridgewater Canal.
2.35 **The Real Truth**
3.40 **Battle of Okinawa in Colour** As 7.55pm.
4.50 **Fall of Japan in Colour**
5.50 **Digging Up Britain's Past** Bridgewater Canal.
6.50 **The Real Truth**
7.55 **Battle of Okinawa in Colour** The story of the fight for Okinawa.
9.00 **Fall of Japan in Colour**
10.00 **The Real Truth**
11.10 **Weathered: Earth's Extremes**
12.00 M'T **Battle of Okinawa in Colour** Documentary.
1.05 **to 2.00** AM **Weathered: Earth's Extremes**

# FRIDAY

Friday

## Sky Nature

124/125 113/114 135 354 369

6.00 AM **Great Parks of Africa**
7.00 **Monkey Life**
8.00 **Tales from Zambia**
9.00 **Uptown Otters**
10.00 **Coral City**
11.00 **Becoming Elephant: The Orphans of Reteti**
12.00 NOON **Wild Birds of Australia**
1.00 PM **Monkey Life**
2.00 **Tales from Zambia**
3.00 **Uptown Otters**
4.00 **Coral City** As winter descends, life on the reef slows down.
5.00 **Becoming Elephant: The Orphans of Reteti**
6.00 **Wild Birds of Australia**
7.00 **Monkey Life** Double bill.
8.00 **City Wildlife Rescue**
9.00 **Kenya Wildlife Diaries**
10.00 **Wild Birds of Australia**
11.00 **Becoming Elephant: The Orphans of Reteti**
12.00 M'T **Gangs of Lemur Island**
1.00 AM **Great Parks of Africa**
2.00 **City Wildlife Rescue**
3.00 **Kenya Wildlife Diaries**
4.00 **Tales from Zambia**
5.00 **to 6.00** AM **Uptown Otters**

## Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **The Nostradamus Effect**
9.00 **Battle Treasures with Foxy and Bruce** Double bill.
10.00 **Crimes That Shook Britain**
11.00 **Ancient Aliens**
1.00 PM **Curse of the Ancients**
6.00 **Mysteries from Above**
7.00 **Alien Files: Unsealed** The top 10 most interesting reported alien encounters.
8.00 **The Sound and the Fury** The fall of the Third Reich.
9.00 **Scary Tales of New York** Investigating real-life crimes in the age of film noir, beginning with triple homicide suspect Robert Irwin, who sold his story to finance his defence. **10.05** Investigating the 1927 murder of Albert Snyder at the hands of his wife, Ruth Brown Snyder, and her lover, corset salesman Henry Judd Gray.
11.10 **Ancient Aliens** Double bill.
1.00 **Alien Files: Unsealed**
2.00 **Curse of the Ancients**
5.00 **to 6.00** AM **Crimes That Shook Britain**

## Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Extreme Engineering**
1.00 PM **Codes and Conspiracies**
3.00 **Killers of the Cosmos**
4.00 **How the Universe Works**
6.00 **How It's Made**
8.00 **How It's Made: Dream Cars** A look at how the Morgan Aero Coupe is manufactured. **8.30** A look at the Porsche 911.
9.00 **Mummies Unwrapped** Archaeologist Ramy Romany investigates mummified bodies found in the Peruvian jungle. **10.00** The mummified bodies of three Incan children discovered in the Andes.
11.00 **Cooper's Treasure** Adventurer Darrell Miklos tries to decode a map created by his boyhood idol, former NASA astronaut Gordon 'Gordo' Cooper. **12.00** M'T Darrell searches for clues from Cooper's past.
1.00 AM **Killers of the Cosmos**
2.00 **How the Universe Works**
4.00 **to 6.00** AM **Cooper's Treasure**

+1hr 267 379

## Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Ozark Law**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **999: Killer on the Line**
2.00 PM **Green Eyed Killers**
3.00 **Murder in the 21st**
6.00 **Homicide Hunter**
7.00 **The First 48**
8.00 **Green Eyed Killers**
9.00 **K9 PD with Jim Belushi** New editions A police dog showcases his elite agility. **9.30** Body cam footage involving a dog goes viral.
10.00 **Squatters** New editions Squatters take over a house in Philadelphia during renovations. **10.30** Trustworthy tenants who became alleged serial squatters.
11.00 **Predator Hunters**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **On the Case with Paula Zahn**
3.00 **Murder in the 21st**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

## WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: Tampa**
10.00 **Wild Hunters**
11.00 **Alaska Animal Rescue: Pint Sized Survivors**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Critter Fixers: Country Vets**
2.00 **Mara: Rebirth**
4.00 **The Incredible Dr Pol**
5.00 **Yukon Vet**
7.00 **Secrets of the Zoo** A newborn giraffe must master three essential skills for survival.
8.00 **Savage Kingdom** A hyena pack prepare to attack a pride of lions that have driven them from their territory. **9.00** Three lionesses face the end of their pride.
10.00 **When Sharks Attack** The circumstances behind serious shark attacks worldwide.
11.00 **Ultimate Airport Dubai**
12.00 M'T **Africa's Deadliest**
1.00 AM **Alaska Fish Wars**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Alaska Animal Rescue: Pint Sized Survivors**

## Discovery History

161/172 147 181

7.00 AM **The Dinosaur Feather Mystery** As shown at 8.00pm.
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **The Dinosaur Feather Mystery** Theories concerning the evolution of birds, explaining how feathered creatures can be traced back to winged dinosaurs.
9.00 **Paranormal Declassified** Paul Beban unearths files that could lead to an alien cover-up all the way to the White House.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition Unknown**
4.00 **to 5.00** AM **Expedition X**

+1hour 274 381

## U&Eden

166 134/162 176 57 160 71

9.00 AM **How Britain Worked**
1.00 PM **How Britain Worked**
5.00 **You Rang, M'Lord?** Teddy is given an ultimatum – marry Madge Cartwright or be sent to work in Lord Meldrum's factory. **6.05** The staff learn the Prime Minister is coming to dinner – but Alf is too preoccupied with Lady Lavender to care. **7.05** Lady Lavender throws her money out of the window – much to Alf's delight. **8.05** Alf conceals some of the money in an antique vase, but Lord Meldrum donates it to the Bishop's auction. **9.10** Alf tells Sir Ralph that Lord Meldrum was wounded in the Artillery, and James agrees to take Ivy to the pictures. **10.20** James's father arrives at the house on the run from the police, and the servants hide him until he can flee the country.
11.25 **You Rang, M'Lord?**
5.25 **to 6.00** AM **Great British Railway Journeys**

+1hour 266 376

## ID

154 140 166

8.00 AM **On the Case with Paula Zahn** Four editions.
12.00 NOON **Death by Fame**
1.00 PM **People Magazine Investigates** Double bill.
3.00 **Extreme Measures**
7.00 **Deadly Secrets** When a mother is killed in a tragic trucking accident, her family begin to question whether it was actually premeditated murder. **8.00** Two women who work for a tax attorney know he is prone to hysterical outbursts. But, when he turns violent it reveals some terrifying secrets.
9.00 **The Friday the 13th Murders** Police find a family dead, a horror film still playing, a bloody mask nearby – and a letter addressed to the woman who voiced *The Exorcist* demon.
10.00 **Spooked Scotland** A visit to Comlongon Castle in Dumfries.
11.00 **Portals to Hell**
12.00 M'T **Haunted Towns**
2.00 AM **Extreme Measures**
4.00 **to 6.00** AM **Deadly Secrets**

+1hour 254 366

## Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **G.A.S. Extreme Customs**
2.00 **Ant Anstead: Born Mechanic**
3.00 **Guz Khan's Custom Cars**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Street Outlaws: Locals Only**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Street Outlaws: Locals Only** Racers from across America gather for the Grand Final.
9.00 **Mike Brewer: Born Dealer** Mike tries to sell The Stig a nice little runaround.
10.00 **Guz Khan's Custom Cars**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Street Outlaws: Locals...**
1.00 AM **Richard Hammond's Workshop** Accountant Kamla gives Richard a reality check.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

# Films

## Sky Cinema Premiere

301 301 401 501 515

6.20 AM **PREMIERE Tom and Jerry: Forbidden Compass**
8.10 **PREMIERE Hamnet** (2025)
10.25 **Looney Tunes: The Day the Earth Blew Up** Animated adventure. (2024, PG, 91 min)
12.05 PM **PREMIERE Tom and Jerry: Forbidden Compass** Animation. (2025, PG, 104min)
1.55 **Love Me** (2024, 15) ★★★
3.40 **Heretic** Horror mystery. (2024, 15, 111 min) ★★★★
5.40 **Song Sung Blue** As 4.45am.

8.00 Hamnet

**8.00 PREMIERE Hamnet** Period drama starring Paul Mescal and Jessie Buckley. After losing their son Hamnet to plague, William and Agnes Shakespeare grapple with grief. With Emily Watson. (2025, 12, 125min) ★★★★ *See review, page 22.*
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.15 Normal** Action comedy starring Bob Odenkirk. A temporary small-town law enforcer uncovers dark mysteries after a local bank robbery. With Henry Winkler. (2026, 15, 91 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Mortal Kombat II** Fantasy adventure sequel starring Karl Urban. (2024, 15, 116min) ★★★
2.00 AM **In Cold Light** Thriller. (2025, 15, 96min) ★★★
3.45 **Sky Cinema Preview**
4.45 **to 6.00** AM **Song Sung Blue** Biopic starring Hugh Jackman. (2025, 12, 132min) ★★★

## Sky Cinema Box Set

303 303 403 503 517

6.15 AM **First Blood** Adventure. (1982, 15, 93min) ★★★★
7.55 **Rambo: First Blood Part II** Action sequel. (1985, 15) ★★★
9.40 **300** (2006, 15) ★★★★
11.50 **300: Rise of an Empire** Fantasy. (2014, 15) ★★★
1.50 PM **The Lord of the Rings: The Fellowship of the Ring** Fantasy. (2001, PG) ★★★★★
4.50 **The Lord of the Rings: The Two Towers** Epic fantasy. (2002, 12, 179min) ★★★★★

8.00 The Return of the King

**8.00 The Lord of the Rings: The Return of the King** Epic fantasy adventure concluding Peter Jackson's trilogy based on JRR Tolkien's mythical saga. As the forces of good and evil contend in a massive battle before the citadel of Minas Tirith, Frodo Baggins nears the end of his perilous quest to destroy the magic ring of power. Starring Elijah Wood, Ian McKellen, Viggo Mortensen. (2003, 12, 201 min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **The Lord of the Rings: The War of the Rohirrim** Animation featuring the voices of Gaia Wise and Brian Cox. (2024, 12, 134min) ★★★★
1.45 AM **Now You See Me** Heist thriller with Jesse Eisenberg. (2013, 12, 115min) ★★★
3.50 **to 6.05** AM **Now You See Me 2** Crime thriller sequel. (2016, 12, 124min) ★★★

## Sky Cinema Drama

310 310 410 510 524

6.00 AM **Beach Rats** Drama. (2017, 15, 98min) ★★★
7.50 **All Is True** As 3.55pm.
9.40 **True Grit** Western remake. (2010, 15, 110min) ★★★★
11.40 **Don't Let's Go to the Dogs Tonight** Fact-based drama. (2024, 15, 99min) ★★★★
1.30 PM **A Star Is Born** Drama with Lady Gaga and Bradley Cooper. (2018, 15, 136min) ★★★★★
3.55 **All Is True** Drama directed by and starring Kenneth Branagh. (2018, 12, 101 min) ★★★
5.45 **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★
8.00 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★
10.30 **Stand by Me** Nostalgic drama based on Stephen King's short story, starring Wil Wheaton. (1986, 15, 89min) ★★★★★
12.10 AM **Exhibiting Forgiveness** Drama starring André Holland. (2024, 15, 117min) ★★★
2.20 **Anora** Romantic comedy drama starring Mikey Madison. (2024, 18, 139min) ★★★★★
4.50 **to 6.40** AM **Don't Let's Go to the Dogs Tonight** As 11.40am.

## Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.30 AM **Gravity** Space thriller. (2013, 12, 91 min) ★★★★★
8.05 **Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
10.10 **Pitch Black** Sci-fi chiller. (1999, 15, 108min) ★★★★
12.00 NOON **Mickey 17** Sci-fi comedy. (2024, 15, 137min) ★★★
2.20 PM **Men in Black 3** Sci-fi action comedy sequel with Will Smith. (2012, PG, 105min) ★★★★
4.10 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
6.10 **Get Out** Psychological thriller. (2017, 15, 104min) ★★★★★
8.00 **Men in Black: International** Fantasy comedy sequel starring Chris Hemsworth. (2019, 12, 110min) ★★★
10.10 **The Exorcist** Occult horror with Max von Sydow and Linda Blair. (1973, 18, 121 min) ★★★★★
12.15 AM **The Chronicles of Riddick** Sci-fi adventure sequel to *Pitch Black*. (2004, 15, 119min) ★★★
2.20 **Evil Dead 2** Cult director Sam Raimi's darkly comic horror sequel. (1987, 18, 85min) ★★★★
4.00 **Friendship's Death** Sci-fi drama. (1987, 15, 78min) ★★★
5.20 **to 7.40** AM **The Core** Sci-fi thriller starring Aaron Eckhart. (2002, 12, 135min) ★★★



★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

## Sky Cinema Family

304 304 406 506 519

**6.00** AM **The Wild Thornberrys Movie** (2002, U) ★★★★
**7.40** **Hook** As shown at 3.35pm.
**10.05** **Free Willy** As 10.25pm.
**12.05** PM **Karate Kid: Legends** Drama sequel. (2025, 12) ★★★
**1.55** **Dog Man** Animated comedy. (2025, U, 89min) ★★★★
**3.35** **Hook** Fantasy. (1991, U) ★★★
**6.00** **Cats & Dogs** Fantasy comedy. (2001, PG, 87min) ★★★
**7.30** **Cats & Dogs: The Revenge of Kitty Galore** (2010, U) ★★

**6.00 Cats and Dogs**

**8.55** **Wallace & Gromit: The Curse of the Were-Rabbit** Animated comedy adventure featuring Nick Park's beloved clay-animation duo. With the voices of Peter Sallis, Ralph Fiennes and Helena Bonham Carter. (2005, U, 85min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.25** **Free Willy** Adventure starring Jason James Richter as a troubled 12-year-old boy who tries to free a whale from a marine park. With Lori Petty and Michael Madsen. (1993, U, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**12.20** AM **Annie** Musical remake starring Quvenzhane Wallis. (2014, PG, 115min) ★★★
**2.20** **The Karate Kid** Martial arts adventure with Jaden Smith. (2010, PG, 140min) ★★★
**4.40** **to 6.20** AM **Babe** Comedy drama with James Cromwell. (1995, U, 92min) ★★★★★

## Sky Cinema Action

306 306 407 507 521

**7.00** AM **Crawl** As 3.45am.
**8.35** **Gunpowder Milkshake** Action thriller. (2021, 15, 114min) ★★★
**10.40** **The Lord of the Rings: The Return of the King** Epic fantasy adventure. (2003, 12, 201min) ★★★★★
**2.00** PM **Transformers: Dark of the Moon** (2011, 12) ★★★
**4.40** **Hancock** Action comedy. (2008, 12, 92min) ★★★
**6.20** **Normal** Action comedy. (2026, 15, 91min) ★★★★

**8.00 M:I – The Final Reckoning**

**8.00** **Mission: Impossible – The Final Reckoning** Action thriller starring Tom Cruise. Ethan Hunt and the IMF team race to find the Entity, a rogue AI that can destroy mankind. With Hayley Atwell, Ving Rhames and Simon Pegg. (2024, 12, 169min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.55** **Transformers: Age of Extinction** Sci-fi adventure starring Mark Wahlberg and Stanley Tucci. The shape-changing robots emerge from hiding when technology from their own world threatens the human race. (2014, 12, 166min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**1.45** AM **The Meg** Action thriller. (2018, 12, 113min) ★★★
**3.45** **Crawl** Horror thriller. (2019, 15, 87min) ★★★
**5.20** **to 7.30** AM **Twilight of the Warriors: Walled In** Thriller. (2024, 15, 126min) ★★★

## Sky Cinema Comedy

308 308 408 508 522

**7.25** AM **Instant Family** Comedy. (2018, 12, 118min) ★★★★
**9.25** **American Pie** Teen comedy. (1999, 15, 96min) ★★★★
**11.05** **American Pie 2** Comedy. (2001, 15, 106min) ★★★
**12.55** PM **American Pie: The Wedding** (2003, 15) ★
**2.35** **American Reunion** Comedy sequel. (2012, 15, 108min) ★★
**4.30** **Pitch Perfect 3** Comedy sequel. (2017, 12, 93min) ★★★
**6.05** **Superbad** (2007, 15) ★★★★

**8.00 Bridesmaids**

**8.00** **Bridesmaids** Comedy starring Kristen Wiig, Maya Rudolph and Rose Byrne. A single woman tries to compete with a rich rival after she is asked to be her childhood best friend's maid of honour. With Melissa McCarthy. (2011, 15, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.10** **Anaconda** Action comedy starring Jack Black and Paul Rudd. Two friends encounter a terrifying creature while remaking their favourite movie. (2025, 12, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**11.55** **Robin Hood: Men in Tights** Mel Brooks' comedy spoof. (1993, PG, 102min) ★★
**1.45** AM **Logan Lucky** Crime caper. (2017, 12, 114min) ★★★★
**3.50** **Risky Business** Comedy drama starring Tom Cruise. (1983, 18, 98min) ★★★★
**5.30** **to 7.20** AM **Robin Hood: Men in Tights** As 11.55pm.

## Sky Cinema Thriller

309 309 409 509 523

**6.30** AM **Murder by Numbers**
**8.35** **The Day of the Jackal** Thriller. (1973, 15, 142min) ★★★★★
**11.05** **Juror #2** As 12.20am.
**1.05** PM **Nightcrawler** Thriller. (2014, 15, 115min) ★★★★
**3.10** **Murder by Numbers** Thriller starring Sandra Bullock. (2002, 15, 120min) ★★★
**5.15** **The Firm** Legal thriller based on the John Grisham bestseller, starring Tom Cruise. (1993, 15, 155min) ★★★

**8.00 No Country for Old Men**

**8.00** **No Country for Old Men** The Coen Brothers' thriller starring Tommy Lee Jones, Javier Bardem and Josh Brolin. A dogged lawman and a ruthless contract killer pursue a Texan who has made off with $2million in drug money. (2007, 15, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**10.10** **The Untouchables** Director Brian De Palma's gangster thriller starring Kevin Costner and Sean Connery. US treasury agent Eliot Ness vows to bring down Chicago crime boss Al Capone. (1987, 15, 119min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**12.20** AM **Juror #2** Clint Eastwood's thriller starring Nicholas Hoult. (2024, 12, 113min) ★★★★
**2.25** **Murder by Decree** Chiller starring Christopher Plummer. (1978, 12, 112min) ★★★★
**4.40** **to 6.30** AM **Kindred** Horror. (2021, 15, 101min) ★★★

## Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
**11.00** AM **Cleopatra** Historical epic. (1963, PG, 241min) ★★★★
**3.45** PM **Siege of the Saxons** Medieval action adventure. (1963, U, 85min) ★★★
**5.30** **The Battle at Apache Pass** Western starring Jeff Chandler. (1952, U, 85min) ★★
**7.15** **Horizon Line** Adventure thriller with Allison Williams and Alexander Dreymon. (2020, 15, 91min) ★★★

**9.00 Fury**

**Horizon Line** (film started at 7.15pm)

**9.00** **Fury** Drama starring Brad Pitt, Logan Lerman and Shia LaBeouf. An American tank crew undertake a final dangerous mission behind enemy lines in the last months of World War Two. (2014, 15, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

**11.40** **The Invitation** Horror thriller starring Nathalie Emmanuel and Thomas Doherty. A young woman is courted and swept off her feet, only to realize a gothic conspiracy is afoot. (2022, 15, 105min) ★★★
**1.45** **to 4.00** AM **Infinity Pool** Horror mystery starring Alexander Skarsgård and Mia Goth. (2023, 18, 118min) ★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

## Sky Cinema Animation

302 302 402 502 516

**8.10** AM **Flushed Away** Animation. (2006, U, 85min) ★★★★
**9.40** **Madagascar** Animated comedy. (2005, U, 86min) ★★★★
**11.10** **Playmobil: The Movie** Animation. (2019, U) ★★★
**12.55** PM **Chicken Run** Animation. (2000, U, 84min) ★★★★
**2.25** **Penguins of Madagascar** Animated family comedy. (2014, U, 88min) ★★★★

**4.00** **Spider-Man: Into the Spider-Verse** Animation. (2018, PG, 117min) ★★★★★
**6.00** **The Ant Bully** Animation. (2006, U, 89min) ★★★★
**7.35** **Shaun the Sheep Movie** Animation. (2015, U) ★★★★
**9.05** **A Shaun the Sheep Movie: Farmageddon** Animation. (2019, U, 86min) ★★★★
**10.35** **Shark Tale** Animated comedy. (2004, U, 90min) ★★★★
**12.10** AM **Rock Dog** Animation. (2016, PG, 90min) ★★★

**1.45** **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★
**3.20** **Rock Dog 3: Battle the Beat** Animated comedy adventure sequel. (2022, U, 90min) ★★
**4.50** **to 6.05** AM **Fox and Hare Save the Forest** (2024, U) ★★★

## Sky Cinema Greats

307 307 404 504 518

**6.00** AM **Matilda** As 2.45pm.
**7.40** **My Girl** Comedy drama. (1991, PG, 105min) ★★
**9.25** **My Girl 2** Family drama sequel. (1994, PG, 99min) ★★
**11.05** **Small Soldiers** Adventure. (1998, PG, 99min) ★★★★
**1.00** PM **The Wizard of Oz** Musical. (1939, U, 98min) ★★★★★
**2.45** **Matilda** Roald Dahl's fantasy. (1996, PG, 98min) ★★★★

**4.25** **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
**6.10** **Ghostbusters** Supernatural comedy starring Bill Murray, Dan Aykroyd and Sigourney Weaver. (1984, 12, 105min) ★★★★
**8.00** **Ghostbusters II** Supernatural action comedy sequel starring Bill Murray, Dan Aykroyd, Sigourney Weaver and Harold Ramis. (1989, PG, 99min) ★★★
**9.50** **Robin Hood: Prince of Thieves** Adventure starring Kevin Costner. (1991, PG, 138min) ★★

**12.15** AM **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy. (1982, U, 114min) ★★★★★
**2.20** **Gremlins 2: The New Batch** Horror comedy fantasy sequel. (1990, 12, 107min) ★★★
**4.10** **to 6.05** AM **Kingpin** Comedy. (1996, 12, 114min) ★★★

## Disney+ Cinema

305 305

**6.00** AM **Bambi** Classic cartoon. (1942, U, 69min) ★★★★★
**7.20** **The Little Mermaid** Animation. (1989, U, 87min) ★★★★★
**8.45** **Raya and the Last Dragon** Animated fantasy adventure. (2021, PG, 103min) ★★★★
**10.35** **A Bug's Life** Animated feature. (1998, U, 94min) ★★★★★
**12.10** PM **Up** Animated adventure. (2009, U, 96min) ★★★★★

**1.50** **National Treasure** Adventure. (2004, PG, 131min) ★★★★
**4.00** **Monsters, Inc** Animation. (2001, U, 95min) ★★★★★
**5.35** **The Lion King** Animation. (2019, PG, 118min) ★★★
**7.10** **The Jungle Book** Adventure. (2016, PG, 104min) ★★★★
**9.00** **Logan** Fantasy adventure starring Hugh Jackman. (2017, 15, 132min) ★★★★
**11.15** **Deadpool & Wolverine** Superhero adventure sequel. (2024, 15, 128min) ★★★★

**1.25** AM **Cool Runnings** Fact-based sports comedy starring John Candy. (1993, PG, 99min) ★★★
**3.10** **A Real Pain** Comedy drama. (2024, 15, 90min) ★★★★★
**4.45** **to 6.00** AM **Inspector Gadget** Live-action adaptation of the cartoon. (1999, U, 77min) ★★★

## Movies 24

312 313 419

**7.00** AM **Haul Out the Halloween** Comedy. (2025, PG, 84min) ★★
**9.00** **Branching Out** Drama. (2024, PG, 90min) ★★
**11.00** **An American in Austen** Romantic comedy drama. (2024, PG, 84min) ★★
**1.00** PM **Love On Your Doorstep** Drama. (2023, PG, 86min) ★★
**3.00** **Savoring Paris** Romantic drama. (2024, PG, 90min) ★★

**5.00** **Lost in Paradise** Romantic drama. (2026, PG, 84min) ★★
**7.00** **You, Me, and that Mountain Retreat** Romantic comedy drama starring Gladys Bautista and Michael Patrick Lane. (2023, PG, 86min) ★★
**9.00** **Toast to Italy** Romantic drama starring Torrey DeVitto and Will Kemp. Two strangers meet in Italy while seeking out a bottle of a rare and special wine thought to bring about true love. (2026, PG, 90min) ★★

**11.00** **Betty's Bad Luck in Love** Comedy. (2024, PG, 84min) ★★
**1.00** AM **Kentucky Roses** Romantic drama. (2026, PG, 90min) ★★
**3.00** **to 5.00** AM **Blind Date Book Club** Drama. (2024, PG) ★★

Movies 24+ 315/329 314 420

## Talking Pictures

324 445 82 306 36

**6.00** AM **Identity Unknown** Drama. (1960, b/w, U, 66min) ★★★
**7.20** **East of Sudan** (1964, U) ★
**9.10** **Beyond the Curtain** Thriller. (1960, b/w, U, 88min) ★★
**10.55** **Litter Defence Volunteers**
**11.00** **The Lucy Show** 7/24. (S6)
**11.30** **The Broken Horseshoe** Thriller. (1953, b/w, U, 79min) ★★
**1.05** PM **Edgar Wallace Mystery Theatre** *The Verdict:* 5/11. (S5)

**2.15** **The Adventures of Robin Hood**
**2.45** **Brandy for the Parson** Comedy. (1951, b/w, U, 79min) ★★
**4.20** **Look at Life**
**4.30** **The Cheaters** 12/27. (S2)
**5.00** **A Family at War** 2/19. (S2)
**6.00** **Rumpole of the Bailey** (S1)
**7.00** **Z Cars** 30/42. (S3)
**8.00** **Public Eye** 2/13. (S6)
**9.10** **Supernatural** 7/8. (S1)
**10.20** **Tales of Frankenstein**
**10.55** **The Devil Bat** Horror with Bela Lugosi and Suzanne Kaaren. (1941, b/w, PG, 70min) ★★★

**12.20** AM **The Gift Horse** World War Two drama with Trevor Howard and Richard Attenborough. (1952, b/w, PG, 100min) ★★★
**2.25** **Boris Karloff: The Man Behind the Monster** Documentary.
**4.30** **The Vise** 14/39. (S1)
**5.00** **to 6.00** AM **The Detectives**

# FRIDAY Sport 14 August

## Sky Sports Main Event

401 401 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Lunchtime Live**
2.00 LIVE **The Hundred** Coverage of the women's eliminator between the second and third-placed teams from the Oval in London, where a place in Sunday's final is at stake. Start-time **2.15pm**.
5.30 LIVE **The Hundred** The men's eliminator between the second and third-placed teams held at the Oval in London, as the teams contest a place in Sunday's final. Start-time **6.00pm**.
7.15 LIVE **EFL Wolverhampton Wanderers v Blackburn Rovers.** Coverage of the opening match of the Championship season, staged at Molineux. Kick-off **8.00pm**.
10.30 LIVE **WTA & ATP Tennis** Coverage of day two of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio.
**4.00 to 6.00** AM **Sky Sports News**

## Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Best Goals**
8.00 **Premier League 100 Club**
9.00 **Good Morning Transfers**
10.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
1.00 PM **Brazilians in the Premier League** As shown at 10.00pm.
2.00 **City: PL Champions Again**
3.00 **Brazilians in the Premier League** As shown at 10.00pm.
4.00 **Premier League Stories**
4.30 **Cult Heroes** A profile of Nani.
5.00 **Premier League Years** A look back at the 2025/26 season.
7.00 **The Transfer Show**
8.00 **Arsenal Champions Show** Arsenal's 2025/26 Premier League-winning campaign.
9.00 **Transfer 360** Featuring Jay-Jay Okocha and Mikel Arteta.
10.00 **Brazilians in the Premier League** The Brazilian stars who have graced the top flight.
11.00 **Premier League Years** A look back at the 2000/01 season.
1.00 AM **PL Retro** A chance to see Liverpool v Newcastle from 1996.
3.30 **PL Greatest Games**
4.00 **Premier League Best Goals**
**5.00 to 6.00** AM **Premier League 100 Club**

## Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **SPFL** Archive highlights.
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **SPFL Greatest Games**
11.30 **EFL Greatest Games**
12.00 NOON **EFL Preview Show**
1.00 PM **Championship Season Review** Archive highlights.
6.00 **EFL Preview Show**
7.00 LIVE **EFL Wolverhampton Wanderers v Blackburn Rovers.** The opening match of the Championship season from Molineux. Wolves are looking for a return to the Premier League after finishing bottom of the Premier League last term, while Blackburn will be looking to improve on last season's 20th-place finish. Kick-off **8.00pm**.
10.30 **EFL Cup Highlights**
11.30 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.00 AM **EFL Greatest Games**
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
**5.30 to 6.00** AM **The Story of Frank Soo**

## Sky Sports Cricket

405 405 505 422 442

6.00 AM **The Hundred**
1.30 PM **The Hundred Bitesize**
2.00 LIVE **The Hundred** Coverage of the women's eliminator match between the second and third-placed teams at the Oval. Northern Superchargers, now known as SunRisers Leeds, were the victorious team at this stage last year, beating London Spirit with the help of a century from Davina Perrin. Start-time **2.15pm**.
5.30 LIVE **The Hundred** Coverage of the men's eliminator match between the second and third-placed teams at the Oval, as the teams contest a place in Sunday's final. The corresponding contest last year was rained off, with Trent Rockets advancing at the expense of Northern Superchargers, who are now known as SunRisers Leeds, due to finishing above them in the round-robin stage. Start-time **6.00pm**.
9.00 **The Hundred Bitesize**
10.00 **The Hundred** Men's Eliminator.
1.30 AM **The Hundred Bitesize**
2.00 **The Hundred** Women's Eliminator.
5.15 **Best of ICC WT20**
**5.45 to 6.00** AM **The Hundred**

## Sky Sports Golf

406 406 506 423 443

6.00 AM **Roots** Player profiles.
7.00 **PGA Tour Golf** Highlights.
11.00 **HotelPlanner Tour Golf**
11.30 **Roots** Annika Sorenstam.
12.00 NOON LIVE **DP World Tour Golf** Coverage of day two of the Danish Golf Championship at Great Northern in Kerteminde, Funen.
5.00 PM LIVE **PGA Tour Golf** The featured groups on day two of the FedEx St Jude Championship held at TPC Southwind in Memphis.
7.00 LIVE **PGA Tour Golf** Further coverage of day two of the FedEx St Jude Championship staged at TPC Southwind. England's Justin Rose was the victorious player here last year, overcoming American JJ Spaun in a play-off.
11.00 LIVE **LPGA Tour Golf** Day two of the Standard Portland Classic staged at Columbia Edgewater Country Club in Portland, Oregon.
2.00 AM **How the 2006 Ryder Cup Was Won** From Co Kildare.
**5.00 to 6.00** AM **PGA Tour Golf**

## Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
1.00 PM **WTA & ATP Tennis** The first day of the Cincinnati Open.
4.00 LIVE **WTA & ATP Tennis** Day two of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Ohio.
**4.00 to 6.00** AM **WTA & ATP Tennis**

## Sky Sports Mix

416 412 511 429 449

6.00 AM **PL Greatest Games**
7.00 **Women's T20 World Cup**
8.00 **ATP Tennis** Doha Open final.
9.00 **TGL** Boston Common v The Bay.
10.45 **My Icon** Keegan Hirst.
11.00 **WTA Tennis** Austin Open final.
12.00 NOON **My Icon** Double bill.
12.30 PM **Darts Top 5 Moments**
1.00 **NFL Highlights**
2.00 **My Icon** Sporting influences.
2.30 LIVE **Ladies European Tour Golf** Coverage of day two of the VP Bank Swiss Ladies Open from Golfpark Holzhäusern in Zug.
5.30 **NFL Bitesize Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 LIVE **Indycar** The first practice session of the Ontario Honda Dealers Indy at Markham.
9.30 **Ferrari Challenge UK**
10.00 **Fight Night** A recent bout.
11.00 **NFL Highlights**
12.00 M'T **One Championship Weekly**
12.30 AM **Darts Gold** Archive action.
1.00 **Championship Retro**
3.00 **My Icon** Sporting influences.
3.30 **Darts Gold** Archive highlights.
3.45 LIVE **NRLW Gold Coast Titans v St George Illawarra Dragons.** From Cbus Super Stadium. Kick-off **3.45am**.
**5.45 to 6.00** AM **Darts Gold**

## TNT Sports 1

410 413 521 408 430

6.00 AM **LIV Golf** From New Jersey.
7.00 LIVE **Snooker: Chinese Open** The first session of the quarter-finals at Riverside Sports Centre.
10.30 **TNT Sports Reload**
11.00 **Discovery Golf**
11.30 **UIM F1H2O World Championship Highlights**
12.00 NOON **UEFA Champions League**
12.30 PM LIVE **Snooker: Chinese Open** Coverage of the second session of the quarter-finals.
4.00 **Serie A – Full Impact**
5.00 **TNT Sports Reload**
5.30 **Roll the Tape** Fran Kirby.
5.45 **MLB Highlights**
7.15 **UEFA Europa League Goals**
7.30 LIVE **European Athletics Championships** The night session on day five in Birmingham.
10.00 **TNT Sports Reload**
10.30 **FA Cup: The People's Story**
10.45 **MLB Highlights**
12.15 AM LIVE **MLB Atlanta Braves v Arizona Diamondbacks.** Coverage from Truist Park. Start-time **12.15am**.
3.00 **MLB Plays of the Week**
3.30 **TNT Sports Reload**
**4.00 to 7.00** AM LIVE **AFL** Australian Football League action.

## TNT Sports 2

411 414 522 409 431

6.00 AM **UIM F1H2O World Championship Highlights**
6.30 **MotoGP Highlights**
7.30 **UEFA Super Cup**
9.00 **AFL** A match replay.
10.30 LIVE **AFL** Coverage of a match in the Australian Football League.
1.30 PM **LIV Golf** Highlights.
2.30 LIVE **Men's Cycling Pro Series** Coverage from the second stage of the Tour of Czech Republic, a 156km route from Mlada Boleslav to Jested.
4.00 **CPL Highlights**
4.30 **Discovery Golf**
5.00 **UEFA Super Cup**
6.30 **Sign Up – Into Football**
7.30 **AFL** A match replay.
9.00 **UFC Countdown**
10.00 **The Verdict** UFC 330 preview.
11.00 **CPL Highlights**
11.30 LIVE **CPL Saint Lucia Kings v Antigua & Barbuda Falcons.** The T20 match staged at Daren Sammy Cricket Ground in Saint Lucia.
3.45 AM **Discovery Golf**
4.15 **UEFA Champions League**
**4.30 to 7.30** AM LIVE **AFL** Australian Football League action.

## Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
12.00 NOON **NFL Highlights** Arizona Cardinals v Seattle Seahawks from the 2025/26 season.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** San Francisco 49ers v Seattle Seahawks from the 2025/26 season.
4.00 **Super League Highlights**
5.00 **NFL Highlights** Highlights of Detroit Lions v Dallas Cowboys from the 2025/26 season.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present the NFL talk show.
8.00 **NFL Bitesize Highlights**
8.30 **NBA Basketball** A chance to see Dallas Mavericks v Boston Celtics.
10.30 **NFL Bitesize Highlights**
11.00 **NFL Highlights** Seattle Seahawks v San Francisco 49ers.
12.00 M'T **The Insiders** NFL news.
1.00 AM **NFL Highlights**
**2.00 to 6.00** AM LIVE **MMA: One Championship One Fight Night 46.** Coverage of the event from Lumpinee Stadium, Bangkok, headlined by Stella Hemetsberger v Natalia Diachkova for the Strawweight Muay Thai World Championship.

## Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.00 **Super League** A chance to see the top-flight match between Hull FC and St Helens at MKM Stadium.
10.50 **My Icon** Linford Christie.
11.00 **Sky Sports FC**
12.00 NOON **Transfer Talk**
12.30 PM **My Icon** Great Britain hockey stars Kate and Helen Richardson-Walsh talk about their idols.
12.45 LIVE **PGA Tour Golf** Coverage of the featured groups on day two of FedEx St Jude Championship, the first event in the FedExCup play-offs held at TPC Southwind in Memphis, Tennessee.
7.00 LIVE **WTA & ATP Tennis** Coverage of the second day of the Cincinnati Open, a hard-court tournament at Lindner Family Tennis Center in Mason, Ohio. British players Katie Boulter and Sonay Kartal were in action at the corresponding stage a year ago but suffered the disappointment of an early exit, with Boulter losing 0-6 5-7 to Olga Danilovic, while Kartal was defeated 7-5 4-6 3-6 by Caroline Garcia.
**4.00 to 6.00** AM **WTA & ATP Tennis**

## TNT Sports 3

413 415 523 410 432

6.00 AM **UEFA Europa League Goals**
8.30 **FIM Speedway Grand Prix**
9.30 **LIV Golf** From New Jersey.
10.30 LIVE **European Athletics Championships** In Birmingham.
12.30 PM LIVE **Men's Cycling** Stage two of the Arctic Race of Norway.
5.00 **Tour de France Women**
6.00 **Uphill Climb** Tour de France.
6.45 **Playing for Our Future**
7.00 **UIM F1H2O World Championship Highlights**
7.30 LIVE **European Athletics Championships** In Birmingham.
10.00 **Snooker Chinese Open**
12.00 M'T **Serie A – Full Impact**
1.00 AM LIVE **NWSL Gotham FC v Kansas City Current.** Kick-off **1.00am**.
3.15 **The Verdict**
4.15 **UIM F1H2O World Championship Highlights**
**4.45 to 7.00** AM LIVE **AFLW Gold Coast Suns v Western Bulldogs.** Bounce-up **5.05am**.

## TNT Sports 4

414 416 524 411 434

6.00 AM **Formula E Unplugged**
7.00 **Classic Premier League**
9.00 **What I Wore** Emmanuel Petit.
9.30 **Men's Cycling Pro Series**
12.30 PM **CPL Highlights**
1.00 **MLB Highlights**
2.00 **Test Cricket Highlights**
4.00 LIVE **Formula E** Coverage of the London ePrix first practice session at ExCeL London Circuit.
5.00 **Premier League Stories**
5.30 **CPL Highlights**
6.00 **Training Day** Highlights.
6.30 **MotoGP Highlights**
7.30 **Fishing: On the Bank**
8.30 **CPL Highlights**
9.00 **Men's Cycling Pro Series**
12.00 M'T **World Series of Poker**
2.00 AM **Formula E: Driver**
3.00 **Snooker: Chinese Open**
5.00 **TNT Sports Cricket Reload**
**5.15 to 6.00** AM LIVE **Test Cricket Sri Lanka v India.** Day one of the first Test in the two-match series at Galle International Stadium.

## Premier Sports 1

419 APP 528

6.00 AM **NASCAR Highlights**
7.00 **Top 14 Rugby Union**
9.00 **European Le Mans Series**
10.00 **Brasileiro Serie A** A replay of Red Bull Bragantino v Corinthians.
12.00 NOON **Swedish Speedway**
2.00 PM **FIM Quadcross Championship** From Lithuania.
2.30 **NASCAR** The Iowa Corn 350.
3.30 **Sporting Greats**
4.00 **German Cup** Bayern Munich v VfB Stuttgart in this year's final.
6.00 **LaLiga** Barcelona v Real Madrid.
8.00 **Football** Another chance to see Everton v Newcastle United.
10.00 **World of FreeSports**
10.30 **Sporting Greats**
11.00 **FIM Sidecarcross Championship**
12.00 M'T **NASCAR** Iowa Corn 350.
1.00 AM **Football** Manchester United v Leeds United.
3.00 **NHL Ice Hockey**
5.15 **Africa Eco Race** Highlights.
5.30 **to 6.00** AM **World of FreeSports**

## Premier Sports 2

420 APP 529

6.00 AM **Rugby Junior World Championships**
11.30 **Temples of Sport**
12.00 NOON **Football's Greatest**
1.00 PM **Argentine Primera** Action from two matches in the top flight of Argentine football.
5.00 **Temples of Sport**
5.30 **LaLiga Match Highlights** Action from Alaves v Barcelona.
5.40 **Coppa Italia** Another chance to see Lazio v Inter Milan in the final.
7.40 LIVE **Coppa Italia Monza v Avellino.** Coverage of the first-round tie staged at Stadio Brianteo. Kick-off **7.45pm**.
10.00 **Temples of Sport**
10.30 **Football's Greatest**
11.00 **German Cup** Bayern Munich v VfB Stuttgart in this year's final.
1.00 AM **Coppa Italia** Another chance to see Monza v Avellino.
3.00 **Football's Greatest**
3.30 **Argentine Primera**
**5.30 to 6.00** AM **Football's Greatest**

## Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
12.15 PM **Ferrari Challenge UK**
12.45 **Ollie Bearman Drives Ayrton Senna's Lotus**
1.00 **Formula 1** Hungarian Grand Prix.
3.30 **Ted's Notebook**
4.00 **Indycar** Grand Prix of Portland.
5.00 **Formula 1** Race highlights.
7.00 **Indycar** Grand Prix of Portland.
8.00 LIVE **Indycar** The first practice session of the Ontario Honda Dealers Indy at Markham.
9.30 **Ferrari Challenge UK**
10.00 **Formula 1** Race highlights.
12.00 M'T **Indycar** From Portland.
1.00 AM **F1 Explained**
**2.00 to 6.00** AM **The Best of F1**



SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

# Next week

*On sale Tuesday 11 August*

## Ludwig

David Mitchell returns in BBC1's whodunnit, as puzzle setter turned police consultant John Taylor unravels more clues about the disappearance of his twin, cop James.

## Novak Djokovic: The Wolf in Winter

Prime Video's documentary sees the Serbian tennis champ, along with his family and fellow players, reflect on what has made him one of the sport's all-time greats.

## Professor T

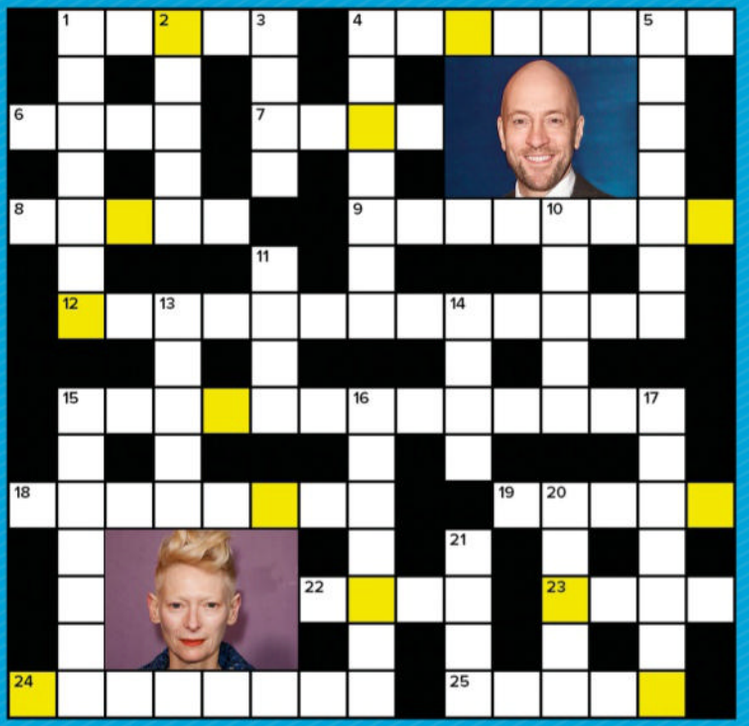
The fourth run of ITV1's crime drama finds Cambridge-based criminologist Jasper Tempest (Ben Miller) tackling more challenging cases, while romance brings complications.

## Lanterns

In HBO Max's superhero drama, based on the Green Lantern comic character, Aaron Pierre and Kyle Chandler play intergalactic detectives looking into a baffling murder.

# Crossword

***Solve the clues in our just-for-fun crossword puzzle and rearrange the shaded squares so the letters spell out the name of an English TV personality (5,8). Answers at the bottom of the page – no cheating!***



### ACROSS

1 1979 drama that won Sally Field an Oscar, ----- *Rae* (5)
4 Adam Sandler film from 2010 (5,3)
6 Test driver on *Top Gear*, The ---- (4)
7 Peter Fonda and Dennis Hopper film from 1969, ---- *Rider* (4)
8 Peggy -----, comedy actor who starred as Mrs Bumble in the 1968 musical *Oliver!* (5)
9 2013 comedy movie starring Jason Bateman and Melissa McCarthy, --------- *Thief* (8)
12 *The* ------- ------, movie released in 1984 about Cambodia's Khmer Rouge regime (7,6)
15 Long-running consumer-rights TV series (3-3,7)
18 *Looney Tunes* mouse from Mexico, Speedy --------- (8)
19 See picture clue: British illusionist, Derren ----- (5)
22 1989 thriller with Sam Neill and Nicole Kidman, ---- *Calm* (4)
23 *Resident* ----, horror movie from 2002 starring Milla Jovovich (4)
24 Actor mentioned in Shania Twain's 1997 hit song *That Don't Impress Me Much* (4,4)
25 ----- *Magnolias*, 1990 film starring Dolly Parton, Shirley MacLaine and Julia Roberts (5)

### DOWN

1 Hit 2010 Jesse Eisenberg film about Facebook, *The Social* -------- (7)
2 ----- Gascoigne, dancer who won *Dancing on Ice* with Karina Manta (5)
3 ---- Turner, lead singer of rock band Arctic Monkeys (4)
4 Star of 2016's *La La Land* and 2024's *The Fall Guy*, Ryan -------- (7)
5 Disney film series, -------- of the Caribbean (7)
10 See picture clue: ----- Swinton, Oscar-winning British actor (5)
11 Bully in the Back to the Future films, ---- Tannen (4)
13 Jennifer -----, singer and actor also known as J.Lo (5)
14 Drama film that featured both Kate Winslet and Dame Judi Dench in the title role (4)
15 -------- *Cogburn*, western from 1975 starring John Wayne (7)
16 US actor in 2018 adventure *Black Panther*, Angela -------- (7)
17 American sitcom starring Zooey Deschanel (3,4)
20 ----- Witherspoon, actor in hit US drama *Big Little Lies* (5)
21 Phil Collins song from 1984, *Against All ---- (Take a Look at Me Now)* (4)

**CROSSWORD SOLUTION**

**ANSWER:** Kelly Osbourne **ACROSS:** 1 Norma 4 Grown Ups 6 Stig 7 Easy 8 Mount 9 Identity 12 Killing Fields 15 Rip-Off Britain 18 Gonzales 19 Brown 22 Dead 23 Evil 24 Brad Pitt 25 Steel
**DOWN:** 1 Network 2 Regan 3 Alex 4 Gosling 5 Pirates 10 Tilda 11 Biff 13 Lopez 14 Iris 15 Rooster 16 Bassett 17 New Girl 20 Reese 21 Odds

WORDS: CAREN CLARK. PHOTOS: GETTY, BBC, ITV, PRIME VIDEO, HBO MAX

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# Coming soon

Alexandra Roach and Rudi Dharmalingam

# Hunting Alice Bell

FIRST LOOK

**Alexandra Roach** stars in a thriller about a woman facing shocking accusations

Women affected by the rumours

**Upcoming psychological drama**

*Hunting Alice Bell* explores challenging questions of identity and the impact of online threats.

The six-part C4 thriller, which will air later this year and has been co-written by David Baddiel, centres on the traumatic ripple effect after ex-nurse Alice Bell, the lover and accomplice of a serial-killer anaesthetist, is given a new identity.

Fran Da Silva (Alexandra Roach), who lives a quiet life with her family, is horrified when she is accused online of being Alice and she quickly becomes a hate figure. She soon realises, however, that other women have also been similarly targeted, and they team up to uncover the truth. But could one of them be hiding the fact that she is the real Alice?

## IDENTITY CRISIS

Amanda Abbington, Ralf Little, Simon Pegg, Emily Barber, Toni O'Rourke, Christina Bennington and Rudi Dharmalingam co-star.

'Destructive rumour-mongering, which can incite riots and mob rage, is now intensified by social media,' says Baddiel. 'We are told that in the present culture anyone can be who they want to be. But that also means that anyone can have who they are taken away from them. This happens to the women in *Hunting Alice Bell*. In a world where identity is very fluid, they have lost control of theirs.'

# Space dramas to look forward to

## Sutherland

BBC1's drama stars Gugu Mbatha-Raw as the flight director for the UK's first crewed mission to the stars, but events go awry...

## First Woman

Andrea Riseborough stars in ITV1's thriller about astronaut Claire, who mysteriously vanishes from a base on the moon.

## For All Mankind

The sixth and final series of Apple TV's drama, in which Mars has been colonised, will see new discoveries cause fresh conflict.

# WHAT'S NEXT FOR...

## Toheeb Jimoh

The actor will star with Dujonna Gift in BBC1's eight-part drama **Open Water**, based on Caleb Azumah Nelson's novel, which sees photographer Marcus fall for dance student Effie, the girlfriend of his pal.

## Gordon Ramsay

In BBC1's three-part documentary **The Rise of the Rockstar Chef**, he will team up with Marco Pierre White and Heston Blumenthal to discuss their rivalry and how they changed the British restaurant industry.

## Coming Back

Mandip Gill and Robert James-Collier will return for a second series of 5's detective drama **Cooper & Fry** in which cops Diane Fry and Ben Cooper investigate more sinister crimes in the Peak District.

BBC1's festive special, **The Cleaner in Italy**, will see Greg Davies reprise his role as crime-scene cleaning technician Paul 'Wicky' Wickstead, who goes on a hiking trip in the Dolomites. Peter Serafinowicz and Robert Webb co-star.

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